

Bowl day upsets

Washington's underdog Huskies picked off two interceptions in the last two minutes to hold off Michigan and win the Rose Bowl, 27-20 yesterday.

The Huskies built up a 24-0 advantage in the third quarter before the Wolverines began their futile comeback.

It was the fourth straight victory by a Pacific-Eight Conference team over a Big Ten team in the Rose Bowl.

In other bowl games yesterday Notre Dame stunned top-ranked Texas 38-10 and Alabama made it a bad day for the Big Ten, routing Ohio State 35-6.

See SPORTS

Pleasanton EPA considering new rule residents list needs Zone 7 to need costly update?

PLEASANTON — If you had a wish, which community need would you wish to be met?

Valley service providers and 282 town residents cited transportation, youth services, emergency and crisis services, senior services, recreation and health services as the primary community needs, according to a needs assessment survey released Friday.

The draft report prepared by the Alameda County Training and Employment Board/Associated Community Action Program (ACTEB-ACAP) goes before the human services commission Thursday at 7:30 p.m. in council chambers at 30 West Angela Street for approval.

Months of surveys and study reveals that Pleasanton residents want to retain a small-town atmosphere, yet increase economic development and employment in town. Light industry and commercial retail business were the most favorable types development. And 71 percent of survey respondents said the city should place a two percent growth rate on the city, as currently planned in the proposed residential allocation program now before the city council.

Thirteen percent of those surveyed called for no growth at all.

In a suburban community inhabited by mostly white middle to upper income professionals or skilled workers, men targeted recreation as a primary need, while women indicated emergency and crisis services are most necessary. Older people cited transportation as their biggest need, young people called for child care and apartment dwellers looked for legal services and housing services.

Almost half of those questioned said they need services which aren't offered in town. Overwhelmingly they indicated transportation and most favored a BART extension.

Residents pointed to vandalism and traffic control as major problems here, perhaps explaining why many surveyed feel more recreation and youth services from 13 to 20-year-olds are needed.

Representatives of organizations already providing services said low cost therapy and emergency housing were services needed, but not available.

The city will also likely note with interest that 58 percent of those surveyed said they would support a \$1 million bond issue to develop parkland owned by the city.

House fire

DUBLIN — A Christmas tree inadvertently ignited when it was dragged over a stove, caused an estimated \$30,000 in damages to the Robert Crauss residence at 8657 Davona Dr. early Monday afternoon.

Two units of the Dublin-San Ramon Services District Fire Department contained the fire within minutes after it was reported at 1:26 p.m.



The Right Reverend C. Kilmer Myers is shown with Rev. Susan Bergmans, formerly priest of St. Clare's Episcopal Church in Pleasanton.

Women priests accepted

Susan Bergmans who was ordained in Pleasanton a year ago is one of over 90 women ordained as an Episcopal priest since church leaders voted to allow female ordination, but despite vocal opposition to the policy from some factions, relatively few church members have dropped out, according to a church survey.

Rev. Bergmans is no longer with St. Clare's Episcopal Church in Pleasanton, but Senior Warden Ralph Calabrese assured, "Everything was in complete harmony" when she left.

Although the survey showed that 3400 members of the 2.9 million-member church decided in 1977 to leave the church because of the ordi-

nation of women, prayer book revisions or alleged "secular or humanistic" trends in the church, no one in the Pleasanton church left because of Rev. Bergmans presence according to Calabrese.

"I can say for a fact that no one left for that reason," said Calabrese, adding that some "staunch" members may have chosen services where Rev. Bergmans was not in attendance.

The survey, based on informal questionnaires to domestic dioceses, as well as additional reports, showed that in addition to the women ordained in the year since the ordination of women was authorized, 62 other women dea-

cons or candidates are headed for the priesthood.

The church said its survey showed 13 congregations voted to leave the church and 18 voted to withhold funds from national and diocesan church programs. Ten congregations have declined to allow visits by their bishops. The church has 7192 parishes.

Arguments against ordaining women are rooted in the Bible, said Pleasanton's Calabrese. He said there is some mention that women should not teach men. He added, however, that the Bible can be "twisted" to mean anything anyone wants to say. After all, he said, mothers teach sons.

A new regulation being considered by the federal Environmental Protection Agency could force Zone 7, Alameda County Flood Control and Water Conservation District, to spend almost half-a-million dollars updating the district's two water treatment plants.

The regulation now being worked on in Washington would limit the amount of trihalomethanes (THM) in water sold by Zone 7 to 100 parts per billion. THM is a catch-all phrase for organic chemicals which have been linked to cancer in animals.

During a November spot check, Zone 7 general manager Mun Mar found the water contained 300 parts per billion THM — triple the limit being considered by the EPA.

"The drought caused intrusion of salt water into the Delta, and that raised the level of THM," said Mar who explained that one sample is not adequate testing as THM levels vary day to day.

Better controlling the district's water supply and adding activated carbon powder to treatment might lower the THM level to the proposed standard, according to Mar. But if those tactics don't work and the regulation passes, Zone 7 would have to either add ozone treatment to its process or put in activated carbon filters into the plants — both expensive actions.

Zone 7 would undoubtedly pass that expense along to customers, according to Mar, adding that any time standards are upgraded cost rises over time standards are upgraded.

Mar, however, isn't sure if Zone 7 would be immediately affected by the regulation. As drafted, it would mandate that plants serving over 75,000 persons comply with the THM standard, but would only "strongly recommend" smaller plants fall into line.

Zone 7 sells 70 percent of the water used by the valley's 100,000 population. But it is mixed together with the other well water also sold. Thus, one could argue that the district serves 70,000 persons or 100,000 persons.

Claiming to be a smaller plant would essentially simply delay compliance, according to Victor Kimm, EPA's deputy administrator for water supply.

"We do have plans to require even smaller plants to limit THM's eventually," he said.

Most water suppliers have seen this regulation coming and Zone 7 is already studying alternative ways of treating water which would limit THM, yet cost little. No miracle cures have been discovered to date.

"It's all a matter of what you're willing to pay for. If it's a matter of your health or your money, what's more important?" asked Mar, answering his rhetorical question when he added he believes THM limits are inevitable.

—by Jayne Garrison

All is bright

See pg. 5

A boy is first

A six-pound, seven-ounce boy was the first baby born in the Valley. Benjamin Albert Hays, son of Robert and Jacqueline Hays of Fremont, came into the world at Valley Memorial Hospital in Livermore at 5:15 p.m. Sunday, Jan. 1.

He is the Hays' ninth child.

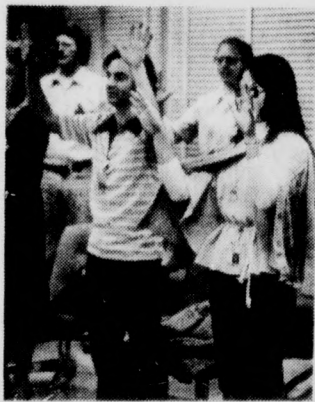
Two injured in accident

Two persons were injured early Sunday when a cat ran in front of their car on Hampton Road in Livermore, causing the driver to lose control and strike a parked vehicle, police reported.

Catherine Theresa Cald, 16, of 1327 Lexington Way told officers the car went out of control and struck a vehicle belonging to Andres Rodriguez. Her mother, Carmella Greco, 40, of 1536 Heidelberg Drive, sustained a broken leg and is in good condition at Valley Memorial Hospital.

Cald's grandmother, Ermelinda Greco, 70, also of 1536 Heidelberg Drive, sustained facial fractures and is listed in good condition at the hospital.

No citations were issued.



State eyes dancing at local club

SAN RAMON — Topless dancing at the Wicked Eye Club has crossed the bounds of propriety in the eyes of the state, local and state authorities have alleged.

Agents from the state Alcoholic Beverage Control Board and the district attorney's office have reportedly documented six separate incidents at the club, located at 2017 San Ramon Valley Blvd., in which women dancers allegedly went partially nude, according to a report submitted to the district attorney.

Amateur topless contests have been held every Wednesday night at the club since Nov. 23 and include performances from women in their twenties who were recruited by club manager Jim Bantley of Danville, the reported alleged.

County ordinances permit topless dancing in bars, but nudity, or bottomless dancing, is a misdemeanor offense.

Bantley said he plans to continue the Wednesday contests until a Jan. 7 "runoff."

"We've been running this for four weeks, and I give strict orders where the girls dance topless. I try to keep up with the ABC and their laws because I can't afford to get busted."

Bantley said no one had informed him of the investigation.

Supreme Court ruling

Cops won't alter methods

The recent U.S. Supreme Court ruling giving police the green light to order drivers from their cars during routine traffic stops will apparently have little effect on Valley police operations.

Local police leaders told The Times that the landmark decision simply clarified the rules under which police had operated for years to protect the safety of officers.

Pleasanton police Captain Ron Nelson said the ruling merely indicated "that what we have been doing all along is correct."

Hasty movements inside a car stopped for a routine traffic stop are good reason to order a driver from his car, Nelson said. "The only reason you get someone out of their car

is because there are suspicious circumstances."

Such activity can indicate evidence of attempts to hide contraband such as drugs, or more importantly, weapons. With the driver standing outside the car, face to face with the officer, there is less chance for trouble, he said.

The circumstances under which an individual is stopped are the main consideration in ordering him from his car, Nelson said. "If a guy comes running out from between two buildings at 3 a.m., jumps in his car and speeds off, there is reason to believe that something other than a speeding violation has taken place." There will be no changes in procedure because of the court decision,

he added.

Livermore police Chief Ron Lindgren agreed, saying no more people would be ordered from their vehicles as a result of the ruling. "I don't think it will have an effect on our operations," he said.

There are several reasons officers ask motorists to step out of their cars, Lindgren said. If an officer is outnumbered and has reason to expect trouble, he suspects the driver might have a weapon; or suspects that a crime has been committed.

"The officer would have to perceive something that would indicate he may be in danger."

Lieutenant Ed Volpe of the Alameda County Sheriff's Department agreed with his colleagues: "I don't think it's really going to change anything in law enforcement."

Persons suspected of driving under the influence of alcohol or drugs must get out of their cars to perform field sobriety tests, Volpe said. Failing the test, a blood, urine or breathalyzer analysis is performed to document the individual's sobriety.

At other times, the officer may just wish to move away from speeding traffic.

"It reinforced a procedure which has been used for decades," he declared.

—by Bill Cauble

Diabetes: It hits kids too

Diabetes affects more than a million children with its attendant problems of a stringent diet, required medication and constant record keeping. The problem is diagnosing those children with diabetes.

A newly formed group, "Diabetes in Youth," sponsored by the Alameda-Contra Costa Chapter of the American Diabetes Association, will meet next the Family Medical Center in San Ramon to discuss some aspects of the disease.

For an incisive look at the problem of juveniles with diabetes, see page 2 of today's Times.

Rap Sheet

Battery suspect arrested

LIVERMORE — A 25-year-old Hillview Drive resident was arrested early Sunday on suspicion of striking his stepfather and pulling a telephone from its wall mounting when the man tried to call police, officers reported.

Joseph Conty of 1387 Hillview Drive was booked on suspicion of battery and damaging telephone lines.

According to reports, Conty and Clem Duldulao got into an argument about 2 a.m. and Duldulao ordered Conty to leave the residence. Conty allegedly struck Duldulao on the left side of the head and pulled the phone out when he tried to call police.

Duldulao was treated at Valley Memorial Hospital for a cut over his left eye that required several stitches.

Conty was arrested and booked at city jail.

LIVERMORE — Police arrested a 14-year-old youth on suspicion of burglary after a silent alarm brought officers to the Livermore Beverage Service at 2062 Sixth St. late Sunday.

Officer John Brady heard noise in the storage yard and watched a youth climb from the yard and into custody.

No items were reported missing from the business. The burglary is under investigation.

PLEASANTON — Burglars broke a bathroom window to enter a Drive Mavis Drive residence New Year's Day and took \$470 in valuables, police reported.

James Fawver reported the theft of rings and foreign coins. There are no suspects.

LIVERMORE — A stereo system valued at \$735 was stolen from a Western Avenue residence sometime Saturday, police reported.

Burglars broke a kitchen window to gain entrance. Stereo gear and 50 records were reported missing. There are no suspects.

Dairy ranching fading from Valley

They remember the days when dairy ranches were the lifeblood of the Valley. When upwards of 10,000 cows produced milk for much of the East Bay.

"Now we can't keep the cows because kids cut the fences. We can't develop the property because

there's no sewers. All we can do is pay taxes, and even that's got to end someday."

That is the way Howard Hansen sees it. It is a complaint shared by all of those second generation and third generation ranchers who are fighting to pre-

serve the last vestige of what was once a proud, profitable and beautiful industry.

Howard Hansen is a second generation member of a family operation that operated "the finest dairy ranch in all of Northern California," in the view of

some experts. Hansen got out of the business "when it was obvious we couldn't run cows on Hopyard Road, right alongside all those new houses."

But Hansen still has 235 acres left of the Hansen-Giger Ranch on Hopyard that "we can't farm because of people, we can't sell because there's no sewer capacity available. All we have is open space that most people think is public parkland and they can't understand why it isn't open to their use."

It is the 830 acres east of Pleasanton's city limits, part of the original Kottlinger Ranch, which was the point of rancher complaints last week.

"Kids cut the fences, or just knock them down, to get their motorcycles into the Kottlinger Ranch," Hansen explained. The property is leased to "Bud" Nielsen, a longtime Dublin resident who is one of the few ranchers still trying to make a living out of that business.

Making a living from cattle ranching is tough these days. It becomes impossible when fences are cut, and cattle are allowed to run wild.

"Hunters are bad," Hansen says. "They shoot the cattle, mostly just for target practice, I guess." Campers use ranch land close by the urban areas for picnic grounds. "And they light fires, right in the middle of dry grass. If you tell them to put out the fires, they swear at you and demand to know what right you have to drive them off that open land."

For Holdener Dairy in Livermore the battle, and a long family history of dairy ranching, is almost over.

"We gave up years ago trying to run cattle in Livermore," Mrs. Fred Holdener Jr. says. "Even the dairy drive - in we operate on Stanley Boulevard is a losing proposition. Taxes and price controls are driving us out, just like they drove out the ranchers a few years ago."

A second generation of Holdeners had tried to keep that family business going. Once they ran 300 milking cows just in Livermore. Provided work and income for four families.



Jimmy Georgis tries to repair one stretch of fence surrounding the Kottlinger Ranch just east of Pleasanton. "Kids riding motorcycles and hunters who use cattle for target practice" break down the fences, allow the herd to run wild.

"Now even the boy who moved the cattle to Tracy finds there's more profit in growing hay for sale to others than there is in trying to raise cattle," Mrs. Holdener states.

There will be no dairy, no ranch to hand down to a third generation of Holdeners.

"We want our children to be scientists, or something else they can make a living at. It's kind of sad, because the cattle business was a good business, especially for a family. But not any more," this second generation Holdener housewife says.

"Now it's all left to the big, big ranch operations that can hang on despite taxes and price controls. That isn't right, but that's the way it is."

And for the Valley that once boasted some of the

finest growing and grazing lands in all of California, feeding thousands of dairy and beef cattle that once outnumbered people, the final chapter is now being written by kids who cut fences, citizens who light camp fires, and tax collectors who see only the promise of one more subdivision.

—by John Edmonds

Life is normal for young diabetics

LIVERMORE — For the estimated 1,600,000 children with juvenile diabetes, life goes on in a normal fashion. They accept, and adjust, to insulin shots, careful diet and constant testing and record keeping.

"It's okay once you know about it and know what to do," shrugs Jeff Saffell, 10. Jeff is very self-sufficient for a 10-year-old. He gives himself his shots twice a day, keeps his own records and tests for blood sugar.

"Jeff taught me how to give an injection," says his mother of the time four years ago when he finally was diagnosed as diabetic. He spent a week in the hospital getting his diabetes regulated and going through orientation. "We learned together," says Susan Saffell.

How do you find out a child has diabetes? The symptoms are easily mistaken for other problems or "just normal for a growing child." Like a big appetite.

"Our first concern was when one of our sons showed an increased appetite," recalls Rosemary Coleman. "I thought my son was sick for a long time, he ate a lot and was so thin," echoes Susan.

Both mothers are organizers in a newly formed Lifeline group. "Diabetes in Youth" sponsored by Alameda-Contra Costa Chapter of American Diabetes Association. The group will meet Jan. 11, 7:30 p.m. at the Family Medical Center of Valley Memorial Hospital, 9260 Alameda Blvd., San Ramon.

This month's meeting will look at "Insurance — Life, Medical." For more information on the group and programs, contact Rosemary Coleman at 447-6978 or Susan Saffell at 829-0808 or Ginie Faltings at 443-0238.

They hope their group will give some of the much-needed moral support, help and education they had to find for themselves in the early encounters with juvenile diabetes.

Rosemary remembers a neighbor who was a nurse

and a diabetic who was a tremendous help to her those first months. She would call her with the "silly questions" she didn't want to bother the doctor with at late hours or odd times. "It was a great help to us, and we hope our organization can provide similar help for others now," she says.

Another frequent symptom of juvenile diabetes is bedwetting, especially if it recurs after the child has stayed dry for several years. There was a history of diabetes in Ginie Faltings' family "somewhere way back" and when her son started wetting the bed again at first she thought he had a bladder infection.

Ginie was lucky. They tested her son for blood sugar at 3 p.m. that afternoon, and he was in the hospital by 6 p.m.

Susan went to three different doctors before finding one who believed her "mother's instincts" that he really was sick. The last doctor finally diagnosed his problem as a kidney infection, but then tested for blood sugar.

Family reaction can cover a broad spectrum of emotions. A lot of it depends on how much the family knows about diabetes in their own family. Diabetes is an inherited disease which prevents the body from using sugar normally. A hormone (insulin) that your body should make is missing or deficient.

"It was a complete shock to us, since we had no other cases of juvenile diabetes in our family," admit Lamar and Rosemary.

It was an even bigger shock to the Saffell family. "I didn't know anything about diabetes," she says. "There was no mention of it in either of our families."

Only after Jeff was diagnosed did they find out, little by little, that several relatives on both sides were diabetic. "It was the guilt thing, nobody talked about it," she says.

Susan says a lot of parents go through the same guilt, feeling it is somehow their fault. "I feel it would

have been nice to know about the diabetes before we had children," she says wistfully. "I wouldn't have done anything differently, but it wouldn't have been such a big shock when Jeff was diagnosed diabetic."

Once diagnosed, diabetes becomes a family project. Diet plays a major role in treatment and all three of these families agree the healthy, well-rounded diet was beneficial to all of them.

"The whole family is involved," says Lamar. "We all went on a good diet. It wasn't a radical change, just basic good healthy foods."

The Faltings were philosophical. "The attitude of the parents is reflected by the child," points out Gin-

nie. "I didn't feel it was terribly difficult. We have to be a little more on top of it and have to be more conscious of eating on time."

But Susan remembers the first year as "horrible." She worried about everything he ate. "I was one of those hysterical hold-everything mothers. It didn't work," she recalls. "At first I couldn't get past the fact he was a diabetic and that he was a kid."

She feels she overreacted at first, and her husband reacted by playing down how serious it was, while their two daughters felt left out.

"But the last two years I have seen a positive effect on the whole family," she says now. The family pulls together and everyone

helps.

In fact Shannon, 13 months older than Jeff, feels especially close and protective. She reminds him when he needs a snack or eats a forbidden treat. And she helps if he has a need for treatment of insulin reaction.

Does diabetes limit their social and active childhood lives? On the contrary, says Rosemary, the three key points in treatment are insulin, diet and exercise. "They are encouraged to be very active. We try hard to let him do everything everybody else does."

At birthday parties most children with diabetes can have what everyone has, say the parents, but in smaller portions.

—by Connie Rux

Symptoms can be diagnosed early on

LIVERMORE — What are the symptoms of diabetes in children and what happens once they are diagnosed?

A local doctor gave a little insight into this experience, which may be very terrifying and confusing at first to parents and child.

He says excessive urination and thirst, maybe accompanied by weight loss, are usually the early symptoms.

Once diagnosed, the child is admitted to the hospital and given a talk about diabetes. If the child isn't sick when admitted, the doctors do the tests and start teaching parents how to give shots as soon as possible. The process used to take a week, the doctor said, but with the high cost of hospitalization, "We cram it all in a couple of

days, with ongoing discussion with parents and child."

Although it's not specified as a specialty, doctors with young diabetic patients often do get referrals from some physicians who prefer not to take diabetic cases. Every urine test given by a doctor includes test for sugar, the doctor emphasized, so children normally do get tested for diabetes when getting routine physical examinations.

His chief advice to children with diabetes and their parents: attitude is important. "Family support is most important thing of all," he says. "Some children don't want to have diabetes at all, they fight it and refuse to cooperate. The important thing is to level with the kids and tell them, 'You've got diabetes, it won't go

away. You can live a normal life and do just about anything you want.' The only thing I tell them they can't do is go off in the mountains by themselves

Elizabeth Edwards

Serendipity

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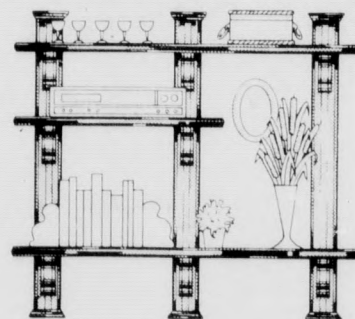
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Business, profit up for CCC

MARTINEZ — Since 1970 all cities of Contra Costa County except Richmond have experienced increases in both the number of business firms and sales volume.

According to the current Contra Costa County Profile, published October 1977, Richmond experienced a decrease in number of business firms but showed an increase in taxable sales.

The growth in taxable sales and number of business establishments in Contra Costa County is partly the result of population growth.

However, growth in retail trade has increased at a much greater rate than has population.

Between 1970 and 1977, Contra Costa County's population climbed from 555,805 to 598,700. This shows an increase of eight percent.

During the same period, taxable transactions increased by 144 percent; from \$938 million to \$2.3 billion.

The number of business establishments grew to 12,275, an increase of 3,238 or 36 percent since 1970.

The retail store grouping which accounted for the largest share of the county's retail stores in 1976 was the "eating and drinking" group. This includes restaurants, bars, etc.

This group had 861 establishments or 21 percent of the county's total.

The next largest group was the "automotive" group. There were 813 such establishments, 475 of which were service stations.

The automotive group accounted for the greatest share of total retail store sales with \$775 million or 43 percent of the county's total.

Scuba class is slated by DSRSD

DUBLIN — Scuba diving is being offered by the Dublin San Ramon Services District (DSRSD) Recreation Department beginning Jan. 17.

For registration information call 828-7711. Frank Blazic will be teaching the course. He is East Bay Regional Park District's Aquatic Specialist.

The class will meet Tuesday and Thursday evenings from 7 to 10 p.m. Water temperature at the swim center averages 80 degrees. The bath house is heated for participants comfort.

Cost of the class is \$75. This includes all instruction, two ocean water dives and one fresh water dive.

Professional Association Diving Instruction certification is available upon successful completion of this course.

Students will need to purchase beginning equipment after first class session (approximately \$60).

JOHNNY WONDER

Kids come up with the darndest questions sometimes, but Johnny Wonder is one place they can turn to get the straight answer. You can learn something every day too, with Johnny Wonder in The Times.

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Publish December 27, 1977; Janu-
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A new thrust in volunteering

DUBLIN — A volunteer program is being initiated by the Dublin San Ramon Services District (DSRSD) Recreation Department in an effort to pool and share skills, interests and hobbies of district residents.

Recruitment of volunteers has begun, according to Christine Schnitzer. She is Recreation Supervisor for DSRSD.

The recreation department will train those interested in participating in the program, Schnitzer stated.

A get-acquainted meeting is scheduled for prospective volunteers Jan. 4, 7:30 p.m. at Shannon Community Center, 11600 Shannon Ave., Dublin. Anyone interested in the program should call 828-7711.

Children (minimum age 14), older teens, adults and senior citizens are encouraged to share their special skills, interests, and hobbies and time, Schnitzer explained.

She said a special letter had been sent

out by DSRSD to area colleges requesting student participation in the volunteer program.

"We asked to have letter copies posted on bulletin boards," Schnitzer said.

"Also, to have students interested in the field of recreation to offer their services."

High schools, Volunteer Bureaus in Pleasanton and Contra Costa County plus other agencies have been notified.

Schnitzer said plans were being made to contact residents of Sunny Glen Adult Community in San Ramon.

"Their skills and experience would be invaluable to our program," Schnitzer reported.

She added that volunteer teens were needed for such things as assistants during bus trips, ski trips, etc.

The senior citizens are in need of a sewing teacher and special dance instructor.

Sharing knowledge and skills can play a vital part in community betterment, Schnitzer contended.

— by Sue Vogelsanger

Sharing skills and hobbies in recreation



Christine Schnitzer, recreation supervisor for the Dublin San Ramon Services District (DSRSD).

EBMUD cuts 40 percent

Big water savings recorded

Municipal and industrial water use statewide dropped from 2 percent in some areas to as much as 52 percent in others as the three-year western states drought appeared on the decline.

The state Department of Water Resources said a survey of 33 major cities in California showed a 19 percent reduction in the use of water compared to 1976.

Water levels in major reservoirs took a sharp upswing the last three weeks of December, showing the effects of recent storms that have drenched the state.

The largest percentage reduction in water use occurred in Marin County where strict limits on water usage were imposed because of severe shortages. Marin County residents used 52 percent less water than in 1976 (Jan. 1 to Nov. 30).

East Bay residents served by the East Bay Municipal Utilities District used 40 percent less water, while San Franciscans showed a 30 percent reduction.

Los Angeles, the state's largest consumer of water, had a 15 percent reduction.

San Diego residents conserved the least percentage, showing only a 2 percent drop.

Approximately 116 billion gallons of water were "saved" by drought-conscious consumers in the 33 cities surveyed, the Department of Water Resources reported.

Central state reservoirs, currently holding only about one-third of the water of their 10-year average levels, recorded an upward trend during the last half of December.

"Although, statewide, the drought is certainly not over yet, some areas and communities have been relieved from the dire conditions of last fall," the department said.

Officials warn that while recent storms are beneficial, "it should be noted that the precipitation accumulations are no more than we would normally expect this time of year, and that a continuation of a normal water year would not mean recovery of our water supplies depleted by two consecutive years of severe drought."

One meteorologist predicted that rainfall from March through June will be "much below" normal. Rainfall totals for the Bay Area presently are above average.

A dam supplying water to the Eureka area is now full, the department says, when at the same time last year it was only at one-half of capacity. Marin County still has accumulated only one-third of its water storage capacity.

Meals on wheels

DUBLIN — A Meals on Wheels Program is now available to Dublin San Ramon residents.

One meal a day is delivered to the homes of those unable to prepare meals themselves, according to the Dublin San Ramon Services District (DSRSD) Recreation Department winter newsletter.

There are no income or age requirements for participants; only the real need for the meals to be delivered.

Delivery of the meals is made by members of the Women's Club of Dublin San Ramon on or near the noon hour of each weekday.

Those able to pay partial or full cost of the meals are asked to do so but payment is not mandatory. For further information call 937-8311.

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SINCE 1964 — THE ORIGINATOR, NOT THE IMITATOR

Community

Military personnel

Navy torpedoman's mate Seaman Patrick D. Everett, son of Mary Everett of 2708 Kennedy St., is assigned to the Navy's newest submarine, the USS Memphis, homeported in Norfolk, Va.

The Memphis is a nuclear powered attack submarine designed primarily for anti-submarine operations and was commissioned Dec. 17 at Newport News, Va.

Everett is a 1976 graduate of Livermore High School.

LIVERMORE Marine Pvt. Joe A. Ward, son of Jane Ward of 758 Laurel Dr., has completed recruit training at the Marine Corps Recruit Training Depot, San Diego.

During the 11-week training cycle he learned the basic of battlefield survival and the daily routine he will experience as a Marine. He learned the professional and personal standards traditionally exhibited by Marines and participated in rigorous physical conditioning and gained proficiency in a variety of military skills including rifle marksmanship, first aid and close order drill.

He joined the Marines in December, 1976.

Livermore — Marine Lance Cpl. Patrick B. Kraft, son of Mr. and Mrs. Harry E. Kraft of 9025 Mines Rd., has been promoted to his present rank while serving with the 1st Force Service Support Group, Camp Pendleton, Calif. A 1976 graduate of Livermore High School, he joined the Marines in July that year.

DUBLIN — Airman Steven E. Bledsoe, son of Mr. and Mrs. Bob G. Bledsoe of 6842 Brighton Dr., has been selected for technical training at Sheppard AFB, Texas, in the Air Force aircraft maintenance field.

The airman recently completed basic training at Lackland AFB, Texas, and studied the Air Force mission, organization and customs and received special instruction in human relations. Airman Bledsoe is a 1976 graduate of Dublin High School and has studied at Chabot College in Hayward.

LIVERMORE — Coast Guard Seaman Thomas A. Ward, son of Mr. and Mrs. May Jeffers of 1126 Wagoner Dr., was graduated from Basic Subsistence Specialist School.

The 18-week course was conducted at the Coast Guard Training Center, Petaluma, Calif. The course was designed to give students a fundamental knowledge of food preparation, management and service.

He joined the Coast Guard in June, 1977.

LIVERMORE — Coast Guard Subsistence Specialist Seaman Apprentice Rob J. Byrne, son of Mr. and Mrs. Jerry R. Byrne of 833 Lealand Court, was graduated from Basic Subsistence Specialist School at Petaluma. Students received instruction on basic cooking, nutrition, baking, meat carving, menu planning and related kitchen health and sanitation procedures.

He joined the Coast Guard in June, 1977.

LIVERMORE — Navy Machinist's Mate Fireman Apprentice Matthew G. Silva, son of Mr. and Mrs. Andrew F. Silva of 1162 Essex St., recently participated in exercise "Auckex '77" in the South Pacific Ocean. He is serving as a crewmember aboard the frigate USS Gray, homeported in San Diego.

The combined exercise involved units from the U.S., Australia, New Zealand and Canada. "Auckex '77" was designed to provide training in anti-aircraft and antisubmarine warfare, naval gunfire support, underway replenishment and communications.

He joined the Navy in February, 1975.

Transit help for elderly

SACRAMENTO — A program to provide better transportation for California's elderly and handicapped will continue into 1978 because of \$1.5 million in federal funds recently apportioned to the state. The Department of Transportation (Caltrans) will continue to administer the program in cooperation with the state's Departments of Aging and Rehabilitation.

The money is provided by the U.S. Urban Mass Transportation Administration (UMTA) to improve public transportation for the elderly and handicapped by paying 80 per cent of the cost of needed transit vehicles.

Organizations interested in the program should contact Jerry Gager or Ben Chuck in the San Francisco office of Caltrans for more information, technical help and forms.

Miller on arts

Rep. George Miller (D-Contra Costa) will chair a Berkeley hearing Wednesday focusing on United States policy on arts and humanities.

Miller said that while federal support for the arts and humanities has grown substantially over the past decade, there are still issues concerning the future which need discussion and analysis.

Witnesses representing education, music, graphic arts, dance, the performing arts, business, civic and community cultural, historical and arts groups and other interested persons will exchange ideas on the issues.

The hearing will begin at 9:30 a.m. at Barrows Hall in the Lipman Room at the University of California at Berkeley. Arts will be discussed during the morning session; humanities will be the topic of the afternoon session.

Cityhood chief wants support

DUBLIN — Citizens for Dublin Cityhood (CDC) are being asked to put their stamp of approval on a letter written by CDC Chairman, Dave Burton, to the Alameda County board of supervisors requesting a \$1000 fund.

The fund was budgeted last year by county supervisors for the purpose of doing a study on the feasibility of incorporating Dublin. The money was slated to go to the Dublin Chamber of Commerce who proposed to conduct the study.

Later, chamber directors decided to hold off lending their official support until chamber members were polled. The poll showed three to one that members were in favor of the chamber endorsing the issue.

During the interim, chamber directors suggested Burton form a volunteer group of committees to study pros and cons of incorporation. Citizens for Dublin Cityhood resulted.

However, county supervisors said the \$10M0 could not be administered directly to CDC. They stipulated the money would have to be administered by a public agency.

Burton approached the Dublin San Ramon Services District (DSRSD) directors who agreed to be the funding conduit.

However, DSRSD wanted to go a step further and

make what directors considered to be a more complete study than the one proposed by CDC. This study would have cost more money, too.

CDC contended the whole study issue was turning into a boondoggle.

DSRSD agreed to back out of the picture as far as being a conduit for the \$1000. Burton is seeking approval from CDC members to apply for it. The chamber is also making a bid to supervisors for the fund to be turned over directly to Beverly Lane.

Lane volunteered to do the CDC study for \$1000. She has been involved in incorporation efforts and has studied pro and con incorporation issues in connection with her master's thesis.

Burton's letter stated, "... There have been discussions about larger studies and greater expenditure of funds but they reflect the concerns of people not necessarily interested in just giving the people of Dublin the opportunity to vote on cityhood. If other factions want to challenge the incorporation or study other options they are welcome to do it but their study should be generated by their own groups. Our committee (CDC) doesn't want them to stall the incorporation movement at this time. It is the CDC's sincere belief that Dublin citizens deserve the opportunity to vote on this issue...."

Burton said he was not interested in a straw vote on the issue.

He said the purpose of CDC was to gather pro and con facts regarding incorporation, present them to Dublin voters and let the voters decide the issue at the polls.

Burton asked CDC members to return their decisions by Jan. 15 regarding the letter he proposes sending county supervisors.

— by Sue Vogelsanger

Free health care sought

The State Health Department has begun soliciting applications from public agencies and non-profit organizations to provide \$20 million worth of free family planning care for low income Californians during the 1978-79 fiscal year.

State Health Director Jerome A. Lackner, M.D., said male and female sterilization services and contraceptive care for both sexes are included in the program.

Application forms are available from the State Health Department's Office of Family Planning, 714 P St., Room 398, Sacramento, 95814. Completed application forms must be submitted to that office, post-marked no later than Feb. 1.

The department estimates that projects selected for funding will be identified by April 1.

Winter aquatics in Dublin

DUBLIN — The Dublin San Ramon Services District's Recreation Department (DSRSD) reminds district residents of the winter aquatics programs.

The winter session of swim lessons begins Jan. 16, 1978. There is still time to register at Shannon Park Community Center, according to the DSRSD recreation department.

Recreational swimming, lessons, adult fitness and much more are now being offered at the Valley Community Swim Center, 8157 Village Parkway, Dublin.

The district has also initiated a new junior high school conditioning program.

The following is a schedule of free drop-in programs at the Swim Center. Children and adults are encouraged to make use of the aquatics program.

Adult Fitness: Monday through Friday, 11:30 a.m. to 12:30 p.m. Saturday and Sunday, noon to 1 p.m.; Monday through Friday, 7 to 8 p.m.

Recreational Swimming, Saturday and Sunday, 1 to 4 p.m.

Junior High Fitness, Monday, Wednesday and Friday, 5 to 7 p.m.

For more information on these and other DSRSD programs call 828-7711.

No change for DMV

SACRAMENTO — The State Department of Motor Vehicles (DMV) announced nine offices will be open on Saturdays starting Jan. 7 while 19 offices will start staggering Wednesday and Thursday hours Jan. 3.

Sandy Bassett, assistant manager of the Livermore DMV office, said there would not be any changes in her office.

"Our hours will remain 8 a.m. to 5 p.m. Monday, Tuesday, Wednesday and Friday. Thursdays we are open from 8 a.m. until 6:30 p.m.," Bassett said.

The new Saturday hours pertain to the Los Angeles and San Francisco metropolitan areas, according to the state DMV office. The staggered Wednesday and

Thursday hours include those metropolitan areas plus one DMV office in Sacramento.

Some offices will open at 7 a.m. and some as late as 7 p.m. on the staggered schedule.

The Martinez office will try a four-day Tuesday through Friday week, open 7 a.m. to 6 p.m., except on Thursday when it will open at 8 a.m.

Another 66 DMV offices will continue to be open until 6:30 p.m. every Thursday as they have been since July 1975.

Saturday hours are planned at new offices in Clovis, near Fresno, scheduled to open in May plus a north San Diego office scheduled to open in December.

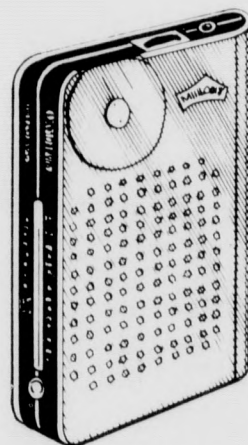
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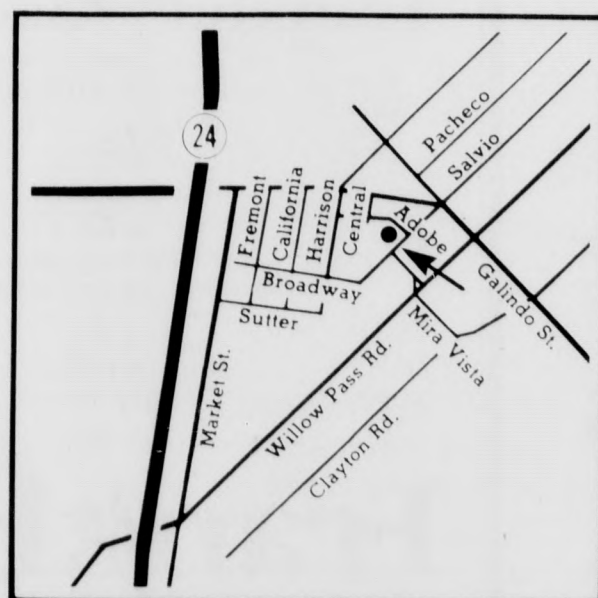
Rugged blue denim Bike Pak by Fabrik-Ad.



Pocket-mate "Melody" radio and flashlight combination, sturdy plastic case, earphone attachment.

Game rules:
One gift per customer, please.
And sorry, we can't mail gifts.

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Helping those people who hear only the 'sounds of silence'

"Sounds of Silence" is the song most deaf persons hear every day of the year. But, efforts are being made to open opportunities to the over half a million hearing handicapped persons in the Bay Area.

The Lawrence Livermore Laboratory employs only two deaf persons, but interest in opening more positions to deaf workers recently prompted a two-day seminar on communicating with deaf employees.

Don Renzulli of Ohlone College coordinated the two-day workshop that included job-related problems of the hearing impaired, problems in personnel interviewing and an introduction to sign language.

Response at the Lab was so encouraging, Renzulli will teach a class in sign language at Livermore High School through Livermore Adult Education. The class will run Wednesday evenings from 7 p.m. to 10 p.m., beginning Jan. 4.

One problem many hearing persons face when dealing with deaf persons, said Renzulli, "is that they base everything about them on their ability to use English, including their intelligence."

But, since many deaf persons have never even heard what words sound like, their proficiency is naturally impaired, he said.

If a person speaks broken English with a Spanish or Russian accent "the listener is enchanted. But a 'quote' American accent with the same grammatical errors is no longer charming. Not at all," commented Renzulli.

As an example of how persons can be misjudged because of their hearing disabilities, Renzulli pointed to a deaf instructor at Ohlone College. "He was kept in schools for the mentally retarded until he was seven. Now he is working on a PhD."

Many things are communicated without words, said Renzulli. Often, he said, a hearing person will communicate without a hitch when a deaf person "asks" for the time, or wants a cigarette lighted.

But, the moment the hearing person discovers the person he is communicating with is deaf "he freezes up and goes through a kind of shock and withdrawal."

As coordinator for the hearing handicapped program at Ohlone College, Renzulli, a hearing person himself, daily communicates with deaf students.

Most deaf persons, Renzulli said, communicate with American Sign Language (ASL or AMELSAN). But, even without knowing ASL, it is not difficult to communicate with many deaf

New federal

laws may

mean greater

opportunities

for deaf

persons



Don Renzulli illustrated the basics of finger spelling.

persons if a few things are remembered. He said it is important to look at the person when speaking and to speak distinctly, but avoid exaggerating lip movements.

A mustache makes it difficult for deaf persons to read lips, as does standing with a bright light behind the speaker. On the job, Renzulli suggested avoiding unnecessary technical and esoteric jargon.

While some signs used in the deaf sign language actually look like the object they represent, many more are simply arbitrary movements that have a significance, said Renzulli.

The grammar of ASL is different from English and cannot be translated word for word, said Renzulli. He emphasized that the sign language grammar is not bad or even condensed English grammar, it is an entirely separate

system.

In addition to signs, finger spelling of letters is also used by deaf persons. Renzulli said many use a combination of ASL and finger spelling.

Each country has developed its own sign language. Because a tree looks different and has a different cultural significance in China than it does in the United States, the symbol representing a tree is different in each country, Renzulli explained. He added, however, that deaf persons traveling have far less trouble communicating with foreign deaf persons than do hearing persons in the same circumstance.

In light of federal legislation requiring equal access to education and jobs for handicapped persons, including the hearing impaired, Renzulli said he expects deaf persons will find far more opportunities open to them than has been in the past.

Stories and photos by Marie Felde



Employees at the Lab got a chance to practice what they had learned about American Sign Language in this rendition of "Silent Night."

LLL employee

Deafness is no barrier

Over 6000 persons are employed at Lawrence Livermore Laboratory — Ricky Capobianco is one of two deaf employees.

In the four months Capobianco has been at the Lab neither he or his supervisors Nick Williams and Daryl Autrey have experienced any problems.

"We've learned a lot more from Ricky, than he's learned from us," said Williams. Williams, who had not had any contact with a deaf person before, said he and Capobianco communicate by writing notes.

Capobianco works as an electronic technician. He was born deaf, and although he can use his voice, he stated that he feels more comfortable using written notes than trying to talk with hearing persons. With other deaf persons, like his fiancé Marion Louie who is the other deaf employee at the Lab, Capobianco uses sign language and finger spelling.

There are those times when he needs to call his supervisors to his workbench, so they have devised a portable intercom to be used in such cases.

If Capobianco has a question, he punches a number into his transmit-

ter and William's intercom beeps. "I can always tell when he needs a question answered," said Williams. Capobianco quickly added, in sign language, that sometimes when Williams is in a meeting, he has to push the button several times for a reply.

Williams said he was just a little nervous about work-

ing with a deaf employee at first, but quickly "gained confidence in myself. Sometimes I feel like the handicapped one," because Capobianco has such well developed communication skills, said Williams.

Both Williams and Autrey plan to enroll in a sign language course being offered at Livermore High

School in January. They see no problem with more deaf persons working at the Lab.

a different drummer
By Arline Butterfield

SOLVE ALL YOUR PROBLEMS HERE

To be of service to you, my readers, I have decided to start the new year right, by solving all your problems. So I first thought I should find out what problems some of you have.

A survey revealed the most prevalent problems among my readers to be: how to tell a boy from a girl, what to do with three year old refrigerator cookies you forgot to bake, how to get to bed before two o'clock in the morning, how to pass up chocolates when they are offered, being unable to spell while employed as a reporter, what to wear to work, breaking out in bumps after eating the chocolates you couldn't resist, and car problems of all kinds. Then there are the usual issues facing the public: pressure on the job, money problems, sex problems, husband and wife problems, kid problems and worries, fears and guilts of all kinds. Never fear, dear readers. We deal with puzzling predicaments of all sorts.

Willing to go to great expense to find solutions, I bought a weekly tabloid newspaper at the supermarket, which contains ads offering solutions to most of life's problems, large and small.

Inside those hallowed pages lie, and I do mean lie, the miraculous cures for all the world's ills, major and minor. There, on those noteworthy sheets are the answers to our afflictions.

For a mere \$7 one may send for a real Aladdin's Lamp, which gets too hot to touch if one utters the legend engraved on the side, and in so doing, it solves all your problems, bringing riches, happiness and success. But when you buy it, you have to promise not to reveal the secret of the lamp to anyone outside your own family. Heavy stuff, but anything for happiness.

"Do you have trouble remembering or concentrating? Do you feel mentally fatigued often? Do you have trouble making decisions?" Brain Fuel is the answer, says the ad.

Brain Fuel is a capsule that contains 35 Hematinics, Nutrients, Amino Acids, Vitamins and Minerals: 100 capsules for \$13.50, and that includes the book, perhaps a best seller, "Brain Fuel."

For only \$8.98 one may examine the book "Hand Reflexology," for 30 days without risk. The method described relieves arthritis, hemorrhoids and canker sores, they say, and helps cataracts, avoids surgery for slipped disc and helped a man pass a "stone" in ten minutes. What more could one ask?

Star Wars will allow one to become a Star Warrior, for only "Ten 1977 U.S. Earth Dollars. You get ten full-color posters and a magazine. That ought to cure something.

There is a device for only \$19.95 that will "strike down any attacker regardless of size or strength," and the "steel cobra" although invisible, they say until you need it, "transforms into an impenetrable shield of solid steel," protecting you from "muggers, rapists and maniacs." If your problems include the above, thank goodness we have found the answer, (and with a 90 day no-risk free trial included, to try it out on muggers, rapists and maniacs).

A magnetic energy necklace for \$8.65, including postage, will bring you "wealth, peace and happiness, good humor, self-confidence and boundless energy. It has "long-lasting magnetic nodes" that "send invisible waves through your body. Wear it once and you will never want to take it off," say the manufacturers.

There is also a product that "hot plates" the insides of your engine with a 50,000 mile protective coating, guaranteed to save as much as \$1,437.00 or more. I'm not sure how, exactly.

Among the wonder ads in the weekly tabloid is a guarantee of a "full head of hair in 30 days for the low cost of only \$69, with financing available."

Well, these are the ready solutions to all your problems. Although I haven't tested them personally, you can't say I don't think about you.

Times
Lifestyle

Editor: Carla Marinucci

Arline Butterfield
Marie Felde



Community-wide volunteer needs

The Valley Volunteer Bureau is a clearinghouse for the Valley community where human resources and needs are matched. The bureau maintains an up-to-date inventory of types of volunteers needed. To find out how you can help, call the bureau at 462-3570 or stop by its office at 519 Kottinger Drive, Pleasanton. Office hours are 10 a.m. to 3 p.m. Monday through Friday.

AMONG CURRENT NEEDS

- A teacher's assistant is needed at an alternative school in Livermore.
- A person is needed to represent the City of Livermore as a consumer on the Alameda Contra Costa Health Systems Agency. The person should be outgoing, well informed about the community and interested in health care.
- Eight Livermore residents are needed to participate in a two-week program to monitor cable TV on Channel 12. Viewing is done in their homes at 9 a.m. once a week for two weeks.
- Two staff-aides are needed five hours per week at the Volunteer Bureau. Tasks include phone work, interviewing, minimal typing. Positions will begin in January.
- The Volunteer Bureau needs the following items for its new location: portable folding room dividers, bathroom carpeting, door mat, swivel desk chair on casters, area or room carpeting and waste paper baskets. All donations, new and used, are tax deductible.

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Dr. Joyce Brothers

DEAR DR. BROTHERS: I'm a mother of two teenage girls who have been complaining that my present husband gets a bit too friendly whenever I'm away. Now, my mother has been ill and I've been called out to stay with her a couple of times. I asked the girls what they meant by "too friendly" and one of them said this man of mine tried to get in bed with her, saying he was drunk and cold and not to tell me or he'd really hurt her. I don't know whether to believe this or not. They're good girls, but they've lied before, and I really love this man. In fact, I don't know if I could manage without him. He's brought life back to me. I was very depressed living without a man. C.K.

DEAR C.K.: Even though you love and need this man, you still owe some protection to your daughters. This is an extremely dangerous, explosive situation and I don't think it should be overlooked or ignored.

In this particular matter, I think you must believe your daughters and assume that they wouldn't invent such a story together. The situation they're described is very common, especially in homes

where the man is a drinker. Sexual abuse by a parent is one of the most emotionally damaging experience that can happen to a child. It destroys trust in others and in oneself. Many women are so psychologically wounded and bruised by such a childhood experience that they later turn to drugs. One study revealed that a large number of prostitutes had been victims of incest.

I suggest you discuss this with your husband, confront him with what you know and warn him that if he ever goes near the girls again, you'll be forced to leave. Whatever his reply, never the girls alone with him, and instruct them to go to a friend's home if a situation should arise that makes them feel threatened or uncomfortable.

DEAR DR. BROTHERS: Everybody talks about prejudice against Jews, blacks and women, but nobody says what it's like to be a short, chubby, white male. Let me tell you, it ain't easy. Everywhere I go I get hit by it and sometimes I think my anger and rage are going to destroy me. I felt this prejudice against me when I was in school, but my parents and my taller, leaner brothers

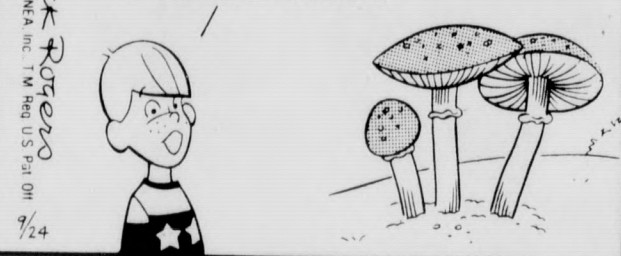
and sisters said it was all in my head. I used to play tennis to get rid of tension, but even on the court my size and weight were a distinct handicap. I can't change things, but is there any way I can live with myself without feeling mad at the world. R.P.

DEAR R.P.: Begin by accepting the fact there's little you can do to make yourself taller and that prejudice does exist. You're not imagining it. Studies have recorded prejudice against those who are short and those who tend to be overweight. It's more difficult for them to get jobs, their salaries are apt to be lower, and if they are interested in politics, their chances of becoming elected are much less than if they were tall and slender.

Johnny Wonder's QUESTION CORNER

Q. "HOW DID THE TOADSTOOL GET ITS NAME?"

A. THE TOADSTOOL GOT ITS NAME FROM THE FANCIFUL NOTION THAT TOADS WERE POISONOUS AND THAT THEY SAT ON CERTAIN MUSHROOMS, MAKING THEM POISONOUS.



People often call poisonous mushrooms "toadstools." The toadstool seems to have gotten its fanciful name because people once believed toads were poisonous and they used certain mushrooms as stools, making them poisonous, too.

Actually, there is no real difference between a toadstool and a mushroom. They are simply two names for one thing.

Many mushrooms are good to eat. But there are also many kinds that are very poisonous.

Popularly, people give the name mushroom to the kinds that can be eaten, and the name toadstool to those which are poisonous.

Botanists, however, do not use the name "toadstool." They simply speak of edible and poisonous mushrooms.

Never eat mushrooms that you find growing wild. Poisonous mushrooms look very much like good mushrooms.

Only a real expert can tell a mushroom that is delicious from one that is deadly poison!

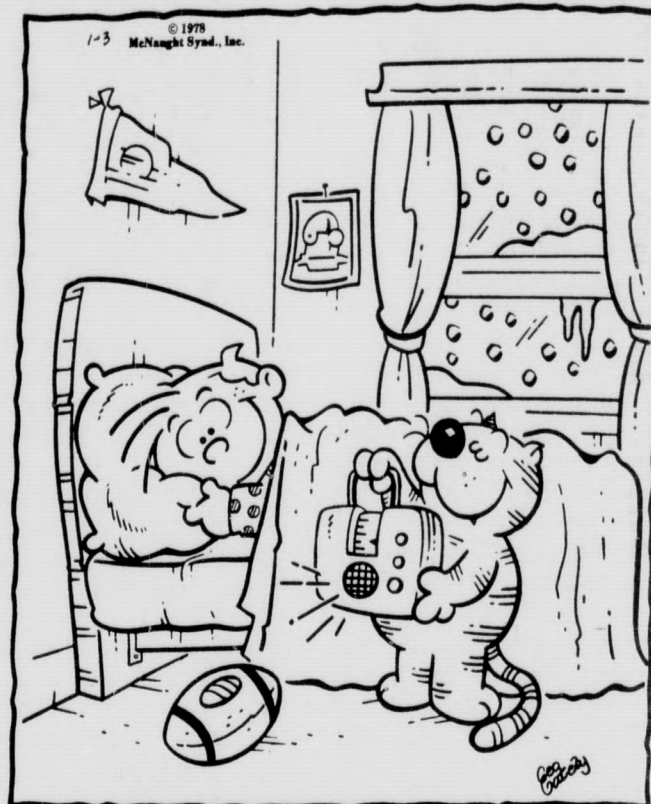
A World Almanac Globe, camera, radio, Johnny Wonder Puzzle Book or other fine prize to the first youngster sending a question used here to: Johnny Wonder (c/o this paper), Box 1335 (DA), Santa Cruz, CA. 95061. Include your age!

family circus

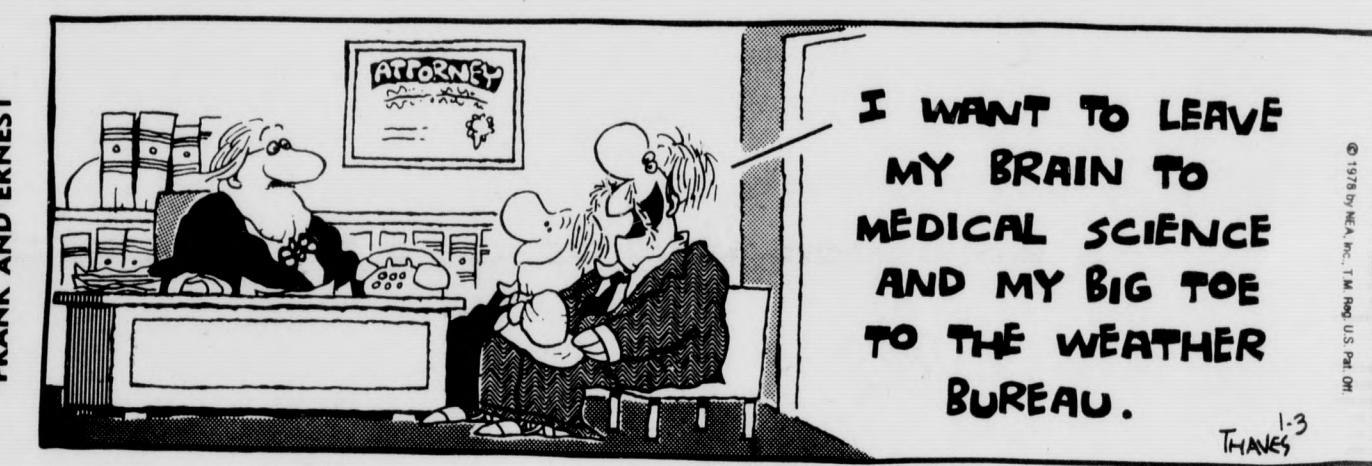
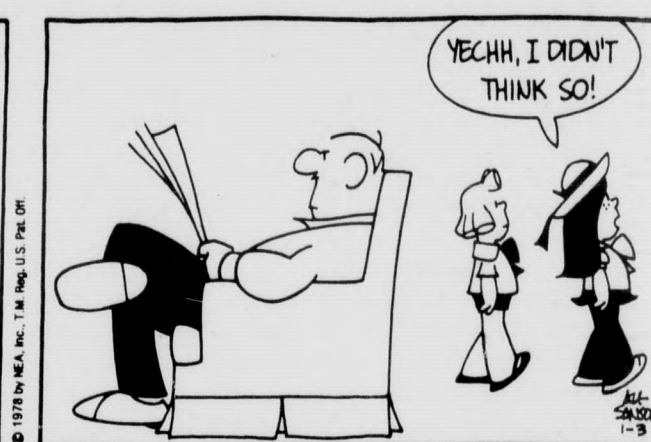
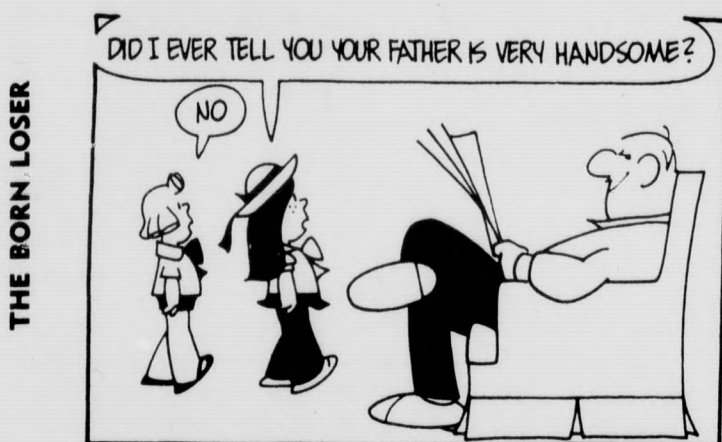


"Some of my peas got over the wall."

HEATHCLIFF



"DUE TO THE HEAVY SNOWFALL, THE FOLLOWING SCHOOLS WILL BE CLOSED FOR TODAY...."



Dr. Lamb



DEAR DR. LAMB — I have been informed that I have a large heart. Is this dangerous, and can it be reduced? If not, what are the do's and don'ts in a case like this? I am old (Medicare) and refuse to say anything more. I do all my own housework and some gardening. Some puffing occurs, especially when I face up to those high winds, which I dearly love. My blood pressure is 140 over 76 — sometimes higher — and 190 when I really get angry. I have heart poundings and palpitations. Any suggestions will be greatly appreciated.

DEAR READER — Usually a heart is thought to be large on the basis of an X ray picture of it or changes in the electrocardiogram. The latter is often unreliable as a guide to heart enlargement.

A heart may enlarge because the muscle that makes up the heart chamber walls is thickened or because the chamber cavity is increased in size to hold more blood. Often both features are present, a thickened muscular

wall and an enlarged cavity.

An endurance athlete develops an enlargement to be able to hold more blood in the heart between beats and to increase the pumping capacity of the heart. That makes him a better endurance athlete. In those instances, the changes are a sign of health.

A variety of disease may cause the heart to enlarge. A damaged valve inside the heart may require the heart to increase its volume capacity or increase its muscular wall thickness. If you have high blood pressure, the first accommodation the heart makes is to increase its muscular size. That is because the heart muscle has to be stronger to pump blood at a higher pressure than it normally does. This is very much like the effect of weightlifting on an arm muscle.

In older people, the most common cause of heart enlargement is disease in the arteries to the heart muscle. The build up of fatty-cholesterol particles in the arteries is the cause.

astrograph

Big things where your career is concerned could be in the offing this coming year. Don't be hesitant about taking on additional responsibilities.

CAPRICORN (Dec. 22-Jan. 19) The secret for success today is to think in terms of we, not me. Showing a willingness to share and cooperate engenders a mirrored benefit response in others. Find out to whom you're romantically suited by sending for your copy of Astro-Graph Letter. Mail 50 cents for each and a long, self-addressed, stamped envelope to Astro-Graph, P.O. Box 489, Radio City Station, N.Y. 10019. Be sure to specify your birth sign.

AQUARIUS (Jan. 30-Feb. 19) Double your efforts today to create goodwill with persons whom you have commercial arrangements pending. It will prove to be a sound investment and yield dividends.

PISCES (Feb. 20-March 20) Conditions are somewhat unusual today. It may appear that you are luckier for another than you are for yourself. Actually the reverse is true.

ARIES (March 21-April 19) Although you won't accomplish it unaided, you'll have a chance today to take a sparse opportunity and turn it into something far grander.

TAURUS (April 20-May 20) Look for a market today for something that you consider a hobby, yet has commercial potential.

It could be an added source of income.

GEMINI (May 21-June 20) Lady Luck is your ally today in situations where you expend worthy efforts. Roll up your sleeves and don't let difficult endeavors intimidate you.

CANCER (June 21-July 22) A pleasant surprise could be in store for you today regarding a matter you've been thinking negatively about. It will turn out to be a paper dragon.

LEO (July 23-Aug. 22) The recipe for success today calls for equal parts of imagination and elbow grease. Once you've formulated the plan let your muscles do the rest.

VIRGO (Aug. 23-Sept. 22) You'll start out with rather conservative goals today, but then something larger and more promising will loom on the horizon and cause you to switch targets.

LIBRA (Sept. 23-Oct. 23) Today you have two powerful assets going for you. They are your optimism and practicality which you should be able to utilize profitably.

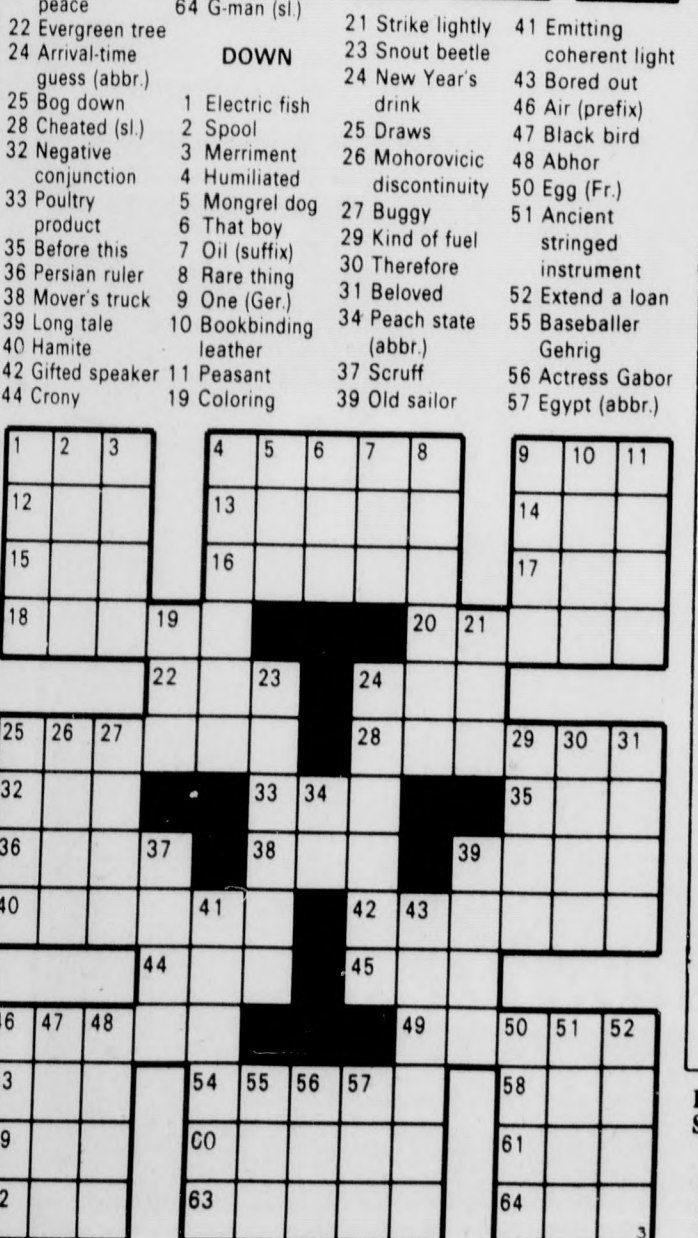
SCORPIO (Oct. 24-Nov. 22) A situation that has been wrested from your grip can be altered today so that you'll once again have the reins back in your capable hands.

SAGITTARIUS (Nov. 23-Dec. 21) Career benefits are likely today because of support from persons you've previously done favors for. The biggest push will come from an old contact.

crossword

ACROSS
1 Unit of work
4 Sneeze
9 Sin
12 Food fish
13 Construct
14 Debtor's note
15 Sheltered
16 Carrying guns
17 Catch
18 Sliding vehicles
20 Greek goddess of peace
22 Evergreen tree
24 Arrival-time guess (abbr.)
25 Bog down
28 Cheated (sl.)
32 Negative conjunction
33 Poultry product
35 Before this
36 Persian ruler
38 Mover's truck
39 Long tale
40 Hamite
42 Gifted speaker
44 Crony

DOWN
5 Solidify
6 Pains
9 Coral island
10 Historic period
11 Small intestine
12 Optic
13 Go bad
14 Exploding stars
15 Large vase
16 Beholden to
17 Watchman
18 G-man (sl.)
19 Strike lightly
20 Snout beetle
21 New Year's drink
22 Draws
23 Mohorovicic discontinuity
24 Egg (Fr.)
25 Buggy
26 Kind of fuel
27 Therefore
28 Beloved
29 Peach state (abbr.)
30 Scruff
31 Old sailor
32 Emitting coherent light
33 Bored out
34 Air (prefix)
35 Black bird
36 Abhor
37 Egg (Fr.)
38 Ancient stringed instrument
39 Extend a loan
40 Baseballer
41 Gehrig
42 Actress Gabor
43 Egypt (abbr.)



win at bridge

NORTH 13-A
♦ J 10 6 3
♥ A 8
♦ A K J 9 7
♣ 8 5

WEST
♦ 4 2
♥ J 10 6 3 2
♦ 8 6 4
♣ A 9

EAST
♦ Q 9 8 7
♥ 7
♦ 5
♣ K Q J 10 6 4 2

SOUTH
♦ A K 5
♥ K Q 9 4
♦ Q 10 3 2
♣ 7 3

Vulnerable: North-South, Dealer: South, Opening lead: Ace of clubs.

West	North	East	South
Pass	1♦	3♣	Pass
Pass	3♥	Pass	4♥
Pass	4NT	Pass	5♦
Pass	Pass	Pass	

By Oswald Jacoby & Alan Sontag
The Blackwood convention is a great help in slam bidding. It can have other uses also.

The game was match points and North responded one spade in the hope of getting to a major suit or notrump.

Nothing bad was likely to happen as a result of that bid, but East fired a three-club bid at South, who decided to pass rather than rebid at the three level.

Now North came up with a brilliant or maybe a not so brilliant bid. He called three hearts in the hope that his partner could bid three notrump, but South made his correct call of four hearts. He was old fashioned enough to think that four trumps to the king-queen was good support.

What was North to do? He could try five diamonds, but could visualize some more heart bidding by South. Finally, he figured a way to get out of his troubles. He bid a Blackwood four notrump. If South showed two aces he would hope to become dummy at six diamonds, but South held just one ace and bid five diamonds to show it.

North breathed a sigh of relief, passed and watched his partner make the game with the aid of a successful spade finesse.

Hail to the Huskies: Pac-8 sweeps

PASADENA — Washington quarterback Warren Moon ran for two touchdowns and passed for a third and the Huskies held off Michigan's final-quarter rally to beat the Wolverines 27-20 Monday in the Rose Bowl.

"I think we finally won the respect we deserve," said the senior quarterback from Los Angeles, who scored on runs of 2 and 1 yards and passed 28 yards to Spider Gaines for another TD.

"Some people didn't even think we belonged in the Rose Bowl," Moon said. "They thought we would come down here and just lie down. We never lost faith in ourselves."

But as the Wolverines rallied, Moon said: "All I could think of out there at the last were the games we lost to Syracuse and Minnesota. I was thinking, 'Oh, no!'"

The Huskies lost to Minnesota 19-17 on a field goal with five seconds left and to Syracuse 22-20 with just 23 seconds to play.

Gaines, who caught four passes for 122 yards, said: "Our coaches called a beautiful game and had a beautiful game plan. We knew the Wolverines weren't too good against the pass, so we came out and ran a lot of play-action passes and mixed our offense up."

In addition to his pass catching, Gaines ran 31 yards for an apparent touchdown on a reverse, but a clipping penalty nullified that.

"We just went back into the huddle and said, 'Let's do it again,'" Gaines said. "We never lost our composure."

Coach Don James, a former Michigan assistant in his third year at Washington, commented: "It was not a perfect game for us, but I do think

we played as well as we could. I knew we would have to take chances to win."

Then he admitted, "I really thought before the game that Michigan was a better team than we were, but I have a lot more respect for my team right now."

Losing Coach Bo Schembechler said: "Our offense just didn't move in the first half and I'm disappointed that our defense didn't play well in the first half. If we'd have kept playing the game, it would have been all right. But it only goes 60 minutes."

"Washington played as well offensively as any team we've played out here."

Schembechler said that had his team scored in the final seconds it definitely would have tried to make a two-point conversion and pull out a victory.

Summary in scoreboard

Bo runs out of time — again

PASADENA — "We knew in the second half we'd have to come out smokin'," said a sullen Dwight Hicks. "We did. Unfortunately, time just ran out."

Co-captain Hicks and his fourth-ranked Michigan Wolverines did come on like gangbusters in the second half of their Rose Bowl football game Monday. But 13th-ranked Washington came out like that from the start to upset Michigan 27-20 in a down-to-the-wire thriller.

It was the third consecutive bowl game loss for defensive back Hicks and Coach Bo Schembechler's fifth bowl setback in as many tries — four of them Rose Bowls.

"It hurts," Hicks said.

Another senior, All-American guard Mark Donohue, said: "We may have lost all three games I've played in, but I have no regrets."

To a man, the Wolverines were dejected and angry — at themselves — as they filed through the tunnel into the dressing room. Some were crying.

Moments earlier, with 1½ minutes left in the game, Washington linebacker Michael Jackson grabbed an interception over the shoulder of freshman tailback Stanley Edwards at the Huskies' 3-yard line to seemingly thwart Michigan's final comeback bid.

Edwards sobbed in the massive chest of a teammate.

But the Wolverines got another chance after a punt, only to see cornerback Nesby Glasgow intercept another Rick Leach pass, that one intended for Ralph Clayton at the 7-yard line.

Michigan trailed 17-0 at halftime and 24-0 in the third quarter.

"We never quit," Leach said. "We came back like champions. I'm still proud."

What did Schembechler tell his players to turn them around so completely?

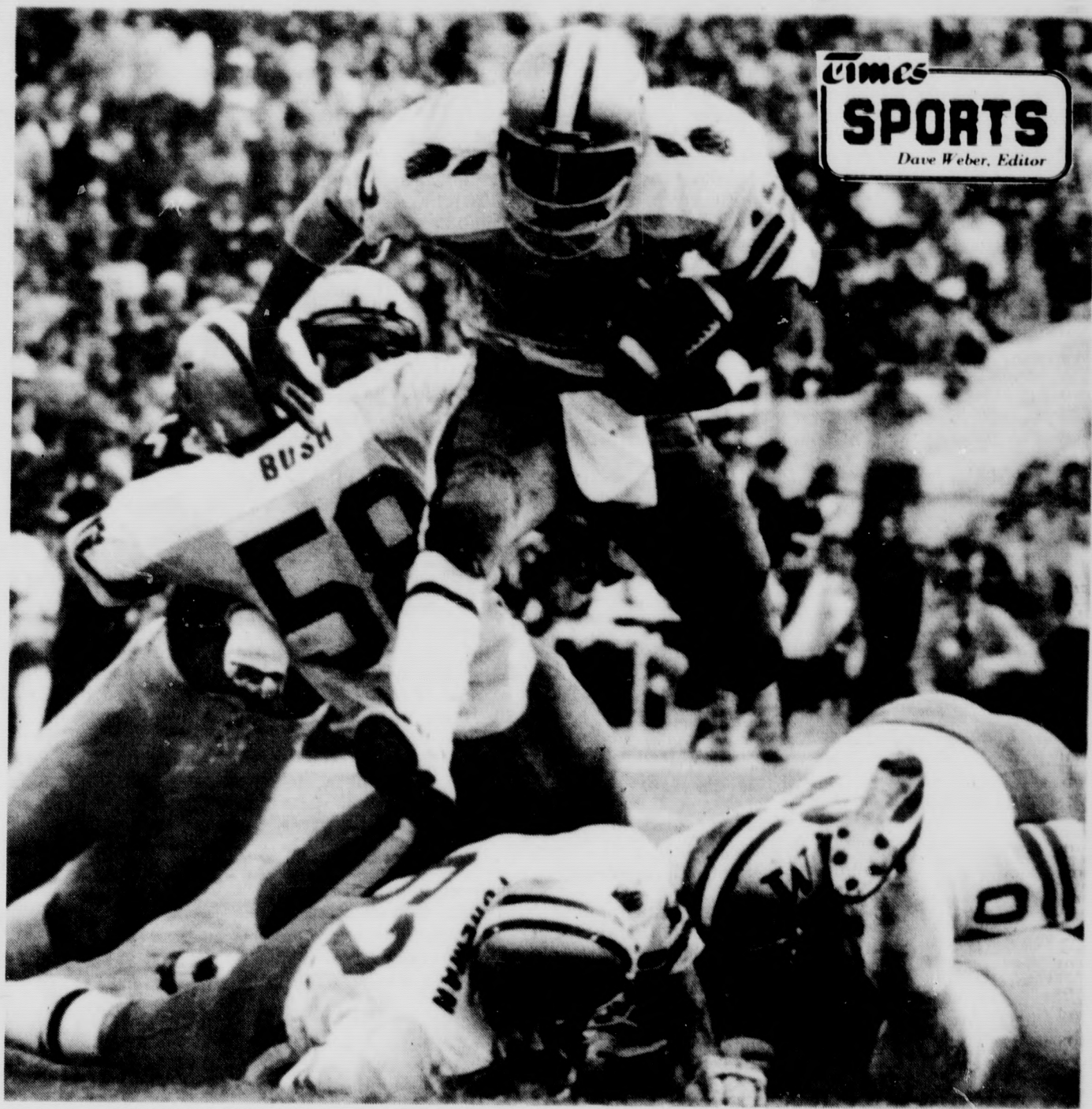
Whatever it was, it wasn't out of an old Ronald Reagan or Pat O'Brien movie.

"We don't need speeches," said junior quarterback Leach, who has started all of Michigan's 36 games the past three seasons. "We know what it takes to win football games. We don't need all that rah, rah stuff."

Schembechler said: "I thought when we were behind 17-0 at half we'd win it...we'll come back and try again."

"I am impressed with this Michigan team, being down so badly and coming back so close to winning. But we didn't win...we just got down too far," the Michigan coach continued.

— by Associated Press



Washington's Ron Gipson leaps through a well-opened hole near Michigan end zone.

While Irish eyes smile the eyes of Texas cry

DALLAS — Emotional Notre Dame cashed five turnovers into 31 points behind three touchdowns by Vagas Ferguson and two scores by unheralded reserve Terry Eurick, destroying No. 1-ranked Texas' dreams of an unbeaten season and a national title with a shocking 38-10 Cotton Bowl victory.

Quarterback Joe Montana provided uncanny third-down mastery by converting 8 of 12 clutch situations into Irish first downs against a rugged Texas defense that had kept both Oklahoma and Arkansas from its goal line.

The incredible rout by the touchdown-underdog fifth-ranked Fighting Irish triggered a wild scramble for The Associated Press national championship, to be announced Wednesday.

Ferguson caught a 17-yard touchdown pass from Montana, bolted 3 yards to score and capped the humiliation of the Longhorns with a 26-yard scoring run midway through the fourth period.

Eurick, a reserve halfback, dashed 6 and 10 yards for touchdowns after Texas mistakes.

The Fighting Irish, who now own the same 11-1 record as the Longhorns, only had to travel 32, 27, 35, 20 and 29 yards after the stumbling Texans coughed up three fumbles and two interceptions.

The raging Irish defense, paced by middle linebacker Bob Golic and the Browner brothers — de-

fensive end Ross and strong safety Jim — manhandled the high-scoring Longhorn offense and Heisman Trophy winner Earl Campbell.

Campbell gained 108 yards on 26 carries, but the gang-tackling Irish managed to keep him away from the goal.

After Dave Reeve kicked a 47-yard field goal following a Texas fumble, Russell Erxleben tied the game with a 42-yarder.

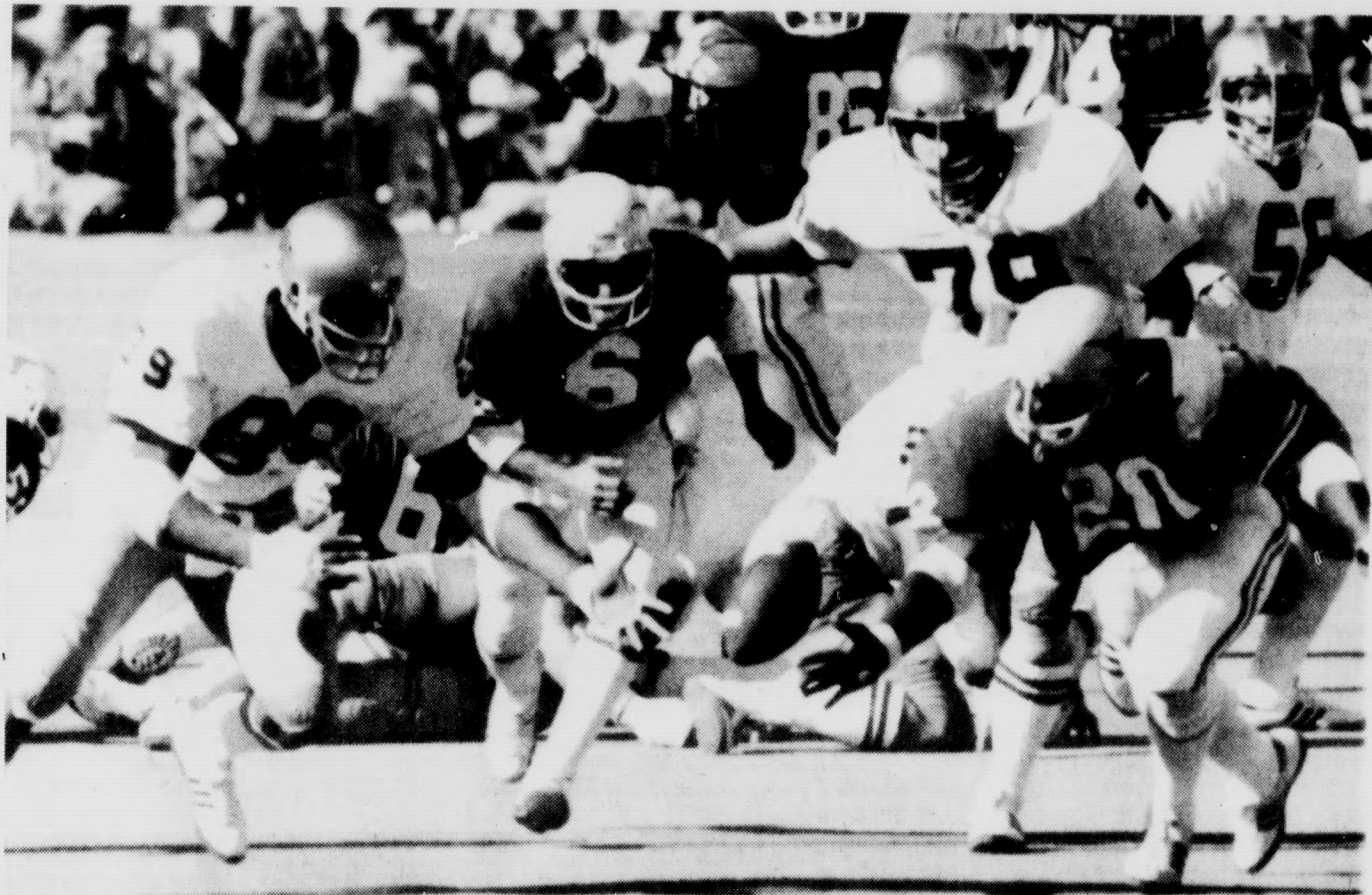
But Notre Dame again took advantage of Longhorn charity as Jim Browner collected Johnny Ham Jones' fumble and Eurick ripped off his 6-yard run for a 10-3 Irish edge in the second quarter.

Notre Dame quickly scored two more touchdowns. Willie Fry pounced on a Randy McEachern fumble on the Texas 35 and Eurick scored on a 10-yard run to make it 17-3.

Linebacker Doug Backer plucked off a wayward McEachern aerial and returning it to the Texas 20. Ferguson then made an acrobatic catch over linebacker Mark Martignoni for a 17-yard touchdown and the stunned crowd watched the scoreboard read: Notre Dame 24, Texas 3.

A controversial interference penalty helped Texas score late in the first half to make it 24-10.

Summary in scoreboard



Randy McEachern of Texas (6) watches his fumble roll past Earl Campbell (20).

Dave Weber

DENVER strips Raiders of title

Yes, Jack Tatum rattled the fillings in Rob Lytle's teeth. Yes, Lytle fumbled before he was stopped. Yes, Mike McCoy recovered. Yes, the Denver Broncos scored an undeserved touchdown on the next play.

No, the officials — led by hair-whistled head linesman Ed Marion — did not knock the Oakland Raiders out of a second consecutive Super Bowl. No, they did not, as one East Bay newspaper screamed in 60-point type, "Strip Raiders of Title."

A little hindsight is appropriate. If the officials are to be blamed for Oakland's failure in Sunday's American Football Conference championship game at Denver, then they must share the credit for last season's world championship.

Go back to late in the afternoon of December 18, 1976. Remember the dramatic game-ending drive that pushed the Raiders past New England, 21-17, in the opening round of the play-offs.

The Raiders are at the Patriot 27 with only 52 seconds separating them from another early departure from the play-offs.

It's third down and Oakland needs 18 yards. Ken Stabler drops back and throws in the direction of Carl Garrett, waiting at the corner of the end zone. Waiting, that is, until Dick Conn and Tim Fox break the play up with a ferocious assault that brings the end zone crowd to its collective feet, screaming for an interference call.

There was no interference. And the mob howled for the blood of the officials.

If ever the comments sidelined Raider defensive back Neal Colzie made after Sunday's Raider loss to Denver — "Those refs weren't going to get out of the stadium if they gave the ball to us (after Lytle's fumble). It was a

home-field call" — rang true, it was this chilly day 13 months ago.

Suddenly, the mob's anger turns to joy as some one notices a piece of yellow cloth fluttering to the soggy turf behind the line of scrimmage. Sugar Bear Hamilton, the Patriot tackle, as been called for roughing Stabler.

"S---," moans Hamilton later, after getting himself tossed out of the game, "touch the bleepin' ball and they call roughing." That fact that touching the ball has nothing to do with such a call is lost on the disconsolate Hamilton.

Oakland gets a first down at the 13-yard line and scores, four plays later on a diving sweep of left end by Stabler and the game is over.

"I thought we got screwed out of it by the refs," Patriot Mike Haynes, the beaten "force" man on Stabler's score, said evenly.

The New England press corps, with their much-imitated Bah-sten accent, angrily elbowed and shoved their way into the crowded press box elevator, muttering about the "home field" call that eliminated their hopes of a snow-free January in Southern California.

If they chose the same tack their Oakland counterparts used Monday, New England would have been littered with Murdochian prose declaring, "Pats Pocket Picked," or "Oakland, Officials, Overcome."

The lord throweth a hankie, the lord bloweth a whistle. He gaveth Oakland a break a season ago, now he has taken a break away.

If you need a key play, try the one that sent Fred Biletnikoff out of the game with a separated shoulder. Try Bob Swenson's interception to set up Denver's final, clinching, touchdown after Floyd Rice had saved a score moments earlier with a Raider interception.

Point to Carl Garrett's problems as a sec-

ond-line punt returner, subbing for the injured Colzie. If you need to castigate the officials, point again to the constant man-handling Raider tight end Dave Casper puts up with on each play.

Those are only surface elements. Chances are, the Raiders scored three less points than Denver for reasons not apparent to the hunger television viewer.

Twenty-two men are on the field for more than 100 plays during a professional football game. Thousands of individual assignments are missed or made. One fumble — even a costly one — does not a football game make.

"There are no key plays," claimed Raider head coach John Madden after Sunday's debacle. "Agame is 60 minutes long. It doesn't come down to one person or a particular play."

Though Madden tempered his remarks — despite a strong belief that Lytle fumbled — many Raiders were less cordial.

"They didn't want us to win," said Rice. "The officials are prejudiced against Oakland," said Tatum.

"It was all luck, they got all the breaks," said Lester Hayes.

But even those who thought they'd been jobbed, included a few realists.

"The play was a big break for Denver," said lineman Pat Toomay, "but we could have overcome it."

"It wasn't just one play," admitted Stabler. "It was the turnovers they got and the opportunities we missed."

Even managing general partner Al Davis didn't hold out the play as the end of the world. He saved his fury for an official league statement, claiming that Lytle had been stood up by Tatum and, thus, his progress halted.

Davis claimed the league was making excuses and called the release a big lie, comparable to the explanations for the war in Vietnam. (Only more important)

Oakland wasn't eliminated until Denver made two first downs on the game's last sequence to run out the clock. Now, that was a crucial segment.

"Even at the end," said Madden. "We thought if we got the ball back, we could win."

They didn't and couldn't and in another part of Mile High Stadium, after the players and reporters had gone home, Bronco coach Red Miller smiled an inner smile of revenge.

For Robert (Red) Miller's last game as offensive coordinator of the New England patriots was played December 18, 1976 at the Oakland Coliseum.



Tom Jackson's already forgotten fumble.

Orange, Sugar Bowls

Razorbacks, Tide romp

Notre Dame converted five Texas turnovers into 31 points on the way to their 38-10 rout of the Longhorns, who had carried into the Cotton Bowl an 11-0 record and the No. 1 ranking in The Associated Press poll.

The Texas Longhorns' dreams of an unbeaten season and a national college football championship were pulverized Monday by mistakes, Notre Dame's determined defense and the driving Irish offense guided by quarterback Joe Montana.

In Miami, sixth-ranked Arkansas stunned butter-fingered Oklahoma with 1-yard touchdown runs by Roland Sales and Ron Calcagni in the first period and shut down the Sooners' offense for a 31-6 Orange Bowl victory Monday night that thrust the Razorbacks into the national championship picture.

The triumph gave Arkansas an 11-1 record in coach Lou Holtz' first season and threw the Associated Press national championship poll up for grabs among Texas, Alabama, Notre Dame and Arkansas—all with identical records.

Notre Dame, meanwhile, held Heisman Trophy-winning Texas running back Earl Campbell to 116 yards in 29 carries before a record Cotton Bowl crowd of 76,791.

Meanwhile, third-ranked Alabama recorded a similar runaway in the Sugar Bowl at the Superdome in New Or-

leans, pounding No. 9 Ohio State 35-6.

"I feel we should be No. 1," said Notre Dame Coach Dan Devine, who announced immediately after the Irish upset triumph that he would be back as coach next season. "I think we beat the No. 1 team when they were healthy and at home, and at this time I don't think anybody could beat our team."

"We beat No. 1... what does that make us?"

That question will be answered Wednesday morning, when the final AP poll is released. The Notre Dame players felt it was answered on the Cotton Bowl playing field. "Of course we feel we're No. 1," said Fighting Irish tight end Ken McAfee. "We beat the No. 1 team decisively — by 28 points."

Texas Coach Fred Akers, who had claimed earlier in the week that his team should be No. 1 even if it lost to Notre Dame, held hopes his Longhorns would remain on top.

"Sure I do. At least the team that beat us was a good one... everybody can't say that."

Jeff Rutledge passed for two touchdowns to pace Alabama's triumph over Ohio State in the contest that matched coaching legends Paul "Bear" Bryant and Woody Hayes.

"I got outcoached today," said Hayes after his Buckeyes were pounded by Bryant's Crimson Tide.

Either way: it was passing

EL PASO, Texas (AP) — Stanford quarterback Guy Benjamin riddled Louisiana State for a Sun Bowl-record 269 yards in leading the Cardinals to a 24-14 triumph Saturday in the 43rd annual football classic.

But LSU Coach Charley McClendon said his club's passing, or more to the point, its inability to throw, hurt the Tigers more.

"Our passing game!" sighed the veteran LSU coach who has led the Tigers to bowl appearances 11 of his 16 years at the LSU helm.

"We were 8 of 23 with 3 interceptions," he added. "We're better throwers and catchers than that. If your passing is going good, it can complement your running game, but if it's not working, it will just cause you more problems."

The Tigers, behind the strong running of junior sensation Charles Alexander, controlled the game in the first half and held a 14-10 lead at the end of two periods.

But Stanford's defense stalled the Tiger running game in the third period while Benjamin was marching the Cardinals to a touchdown that put Stanford on top for good at 17-14.

"They forced us to start passing," said McClendon. "I think we had to do that. We had to put some points on the board. We had to gamble for it."

However, the gamble backfired as Stanford stopped two LSU marches into Cardinal territory when Rick Parker picked off a Steve Ensminger pass.

at the Stanford 10 in the third quarter and John Pigott duplicated the feat in the final period.

"Anytime you have turnovers like that, you're just asking for problems," McClendon said. "I'd say they played better defense than I expected. They just did an excellent job against our passing game."

He said the turnaround in the second half by Stanford was keyed by the Cardinal defense and its blitzing middle linebacker Gordy Ceresino, who earned line-man of the game honors by getting 18 unassisted tackles and being in on four oth-

er stops.

"They ran that middle linebacker through many more times in the second half," said McClendon. "He was getting to our thrower before he could throw the ball."

Ceresino called the game the "best of my life."

"We came out and put people on their backs," he said. "We wanted them to throw more than anything else. And when they did, our defensive backs just did a great job."

Stanford Coach Bill Walsh said his defensive unit played its best game of the season in holding down

the powerful LSU attack despite Alexander getting a Sun Bowl record 197 yards on the ground.

"We executed very well," said the first-year Cardinal coach. "We played with great emotion. It was our greatest game."



Gordy Ceresino and coach Bill Walsh hold trophy

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Staubach pulled for his old rival

DALLAS — Roger Staubach was as happy for his old rival, Craig Morton, as for himself after the heavily favored Dallas Cowboys and giant-killer Denver Broncos clawed their way Sunday into pro football's Super Bowl XII.

"I got to catch only a part of the Denver-Oakland game on television," said the Cowboys' quarterback nonpareil after cutting down the Minnesota Vikings 23-6, "but, because of Craig, I found myself pulling for the Broncos to win."

"I thought Craig was tremendous. He played hurt. But he hung in there. I have the greatest respect for him. He is a tough competitor. And, for all our rivalry for the Dallas quarterback position seven or eight years ago, we have remained the best of friends."

Morton, beaten out by Staubach for the Dallas field general post in 1971 and later discarded by both the Cowboys and the New York Giants, led the Broncos to an exciting 20-17 upset of the defending champion Oakland Raiders in Denver.

Now as the NFC and AFC titleholders, respectively, the Cowboys and Broncos meet in New Orleans' Superdome two weeks hence, Jan. 15, for the National Football League championship.

It's not Dallas vs. Denver, it's Staubach vs. Morton.

"We were never what you would call big buddies," Staubach explained. "But we were friends. We respected each other. There never was any bitterness."

For three years — 1969, 1970 and 1971 — Morton and Staubach fought for the same job, the balance tilting back and forth until mid-1971 when Staubach cemented his grip on the No. 1 quarterback position and never let go.

"If Don Meredith hadn't retired — he was only 31 when he quit, you know — and if Morton hadn't got hurt, I never would have got the job and probably would have been traded," Staubach said.

"I consider myself pretty lucky."

Staubach and Morton were drafted in 1965. Morton was the Cowboys' No. 1 draft choice while Staubach, committed to four years' naval duty, was No. 10. In 1969, when Staubach got out of the Navy, Meredith retired.

Despite injuries, Morton was Dallas' No. 1 signal-caller in 1969 and 1970 while Staubach was getting restless.

"We have kept in touch," Staubach said. "When we played Denver in the last game of the season (won by Dallas 14-6), Morton was given a rest but we had a long talk under the stands."

Summary in scoreboard

Glads go to Laney

HAYWARD — Chabot College opens the Golden Gate Conference basketball season with a home game against Laney at 7:30 p.m. tonight.

The Gladiators are coming off a second place finish in their own tournament last weekend. Chabot will play Diablo Valley Friday in Pleasant Hill.



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7.79% = 7.50%	4-year Deposit Certificate, \$1,000 minimum, 7.50% per annum, compounded daily, paid quarterly**
6.98% = 6.75%	30-month Deposit Certificate, \$1,000 minimum, 6.75% per annum, compounded daily, paid quarterly**
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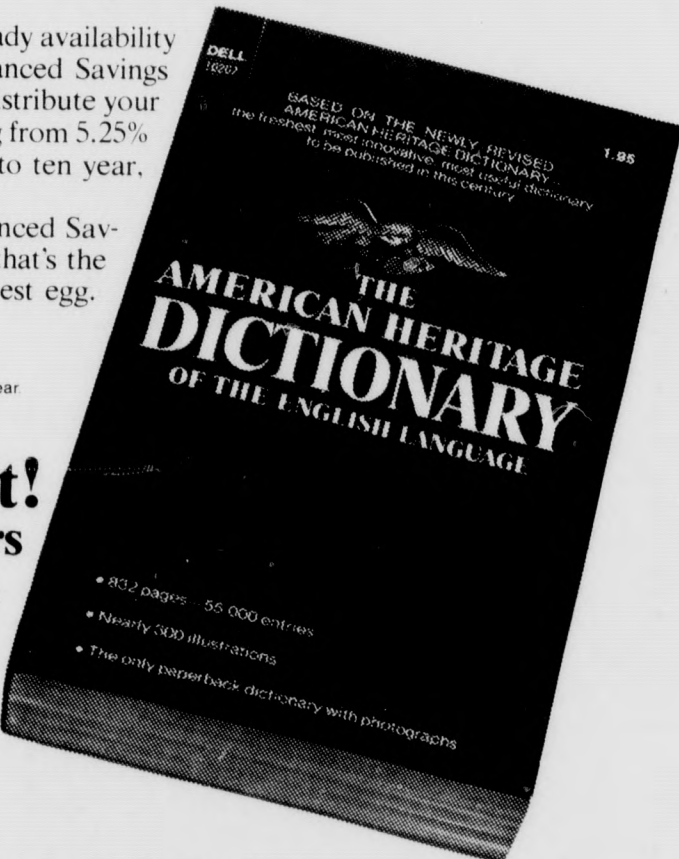
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Boynes honored

SAN FRANCISCO (AP) — The University of San Francisco's Winford Boynes is the West Coast Athletic Conference player of the month for December, it was announced Sunday.

The 6-6½ forward, a junior from Oklahoma City, led the Dons in 12 games with a 23.9 point per game average. He shot 61.4 per cent from the field while grabbing 6.9 rebounds per game.

Boynes, 20, capped his December performance in front of a hometown crowd at the All-College Tournament in Oklahoma City Dec. 27-30 by leading the Dons to the championship.

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BEAUTIFUL HOLIDAY
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BETTER HOMES REALTY 462-4200

BEAUTIFUL VIEW
From this lovely 4 bedroom, 2 1/2 bath Stoneridge home. Upgraded carpets, custom drapes, formal dining, central air, large kitchen overlooking 20x38 pool. Side yard access \$105,950.

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DEL PRADO BEAUTY
5 bedrooms, 2 1/2 baths, 2506 sq. ft., with all the extras like pantry in kitchen, fireplace in family room, formal dining, inside laundry, upgraded carpeting, air conditioning, covered deck, sprinklers front and rear, side yard access for that RV or boat. See it today!! \$99,500.

Pleasanton 846-5900

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PLEASANTON

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Century 21 LIBERTY REAL ESTATE INC. 829-4300 (Alcosta Mall)

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SUPER UPGRADED CONDO
3 bedroom, 1 1/2 bath, inside laundry. Must see!

BETTER HOMES REALTY 462-4200

VALLEY VIEW
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VINTAGE REALTORS 443-8700 2205 4th St. Livermore

SAN RAMON

NEW FOR '78
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Pleasanton 846-5900

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Tri-Valley BROKERS 828-8700

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How to buy the cheapest cut of meat

Which is cheaper: Round steak at \$1.80 a pound or pork loin roast at \$1.50 a pound? Spare ribs on sale at 69 cents a pound or ground beef at \$1.29?

If you selected the obvious answers — the pork roast and the spare ribs — you're wrong. And the error may be costing you money at the supermarket.

One of every three dollars Americans spend for food goes for meat, poultry and fish. And many consumers don't know how to get the most for those dollars.

You have to learn to think of meat in terms of the number of cooked servings it will yield after bones, fat and other waste are trimmed away, and you have to learn which meats fall into which categories.

It is not as complicated as it seems. Boneless meat with little fat — like the round steak or ground beef — generally provides three to four servings a pound. Meat with a medium amount of bone — the pork roast, for example — provides two to three servings. And meat with a lot of bone, gristle and fat — like the spare ribs — yields only one to two servings a pound.

If you use this rule and assume three servings a pound for the round steak, you will see the cost per serving is 60 cents. At two servings a pound, the pork roast cost works out to 75 cents. The steak is the better buy.

In the second example, the per-serving cost for spare ribs is 69 cents; the per-serving cost for ground beef is 43 cents.

Here is a guide, from the U.S. Department of Agriculture, on how many servings you can expect from various meats:

Three to four: flank steak, ground meat, round steak, lean stew meat, boneless roast, liver, center cut of ham, veal cutlet, fish steaks and fillets.

Two to three: most roasts, some chops and steaks, ham, poultry, dressed fish.

One to two: rib chops of lamb, pork or veal; plate and breast of lamb or veal, spareribs, porterhouse, T-bone and club steaks; chicken wings and backs and short ribs.

When it comes to poultry, you can figure a whole chicken or turkey will provide two standard four-ounce servings per pound; a boneless rolled turkey roast gives you three or four servings per pound, chicken breasts

yield three servings a pound; and legs and drumsticks, either chicken or turkey, give you two or three servings per pound. It will probably take a whole pound of chicken wings to get one serving.

If you don't want to bother doing the arithmetic to figure out which cut is the best buy, the government has prepared a chart enabling you to compare the cost of three-ounce servings of various meats at different price levels. It's included in the USDA booklet, "Your Money's Worth in Foods," available at no charge from: Consumer Information Center, Dept. 637E, Pueblo, Colo., 81009.

Govt. through UFO hunting

WASHINGTON (AP) — Federal spacers aren't very excited about unidentified flying objects these days, not even with a president who once said he saw a UFO.

So if you spot something strange in the sky, don't expect the National Aeronautics and Space Administration to come running unless you've got proof of the intruder from out there. Like a little green man, or a chunk of R2D2.

The policy is outlined in a cautiously worded letter NASA sent to the White House, rejecting a suggestion that it reopen a federal inquiry into UFOs.

The agency did say that it stands ready to analyze any "bona fide evidence from credible sources," but it noted that no such evidence of intrusions from other worlds ever has been found.

The turnaround was necessarily polite because the request resulted from a campaign promise made by candidate Jimmy Carter. He said if there were any secrets about UFOs, he would flush them out.

The President's science adviser, Dr. Frank Press, asked NASA last July to become the government's focal point in a "national revival" of interest in reports of UFO sightings. He recommended the agency establish a small panel of inquiry.

Press said the White House had been receiving letters asking about strange sightings, some prompted by science-fiction movies like "Star Wars" and "Close Encounters of the Third Kind." Many demanded

that Carter make good on his campaign promise.

When Carter was elected, UFO fanciers felt they had a friend in the White House. Carter reported in 1973, when he was governor of Georgia, that four years earlier he had seen a UFO in the night sky near Leary, Ga., where he had gone to address a Lions Club.

He described the object as "bluish at first, then reddish, then luminous but not solid."

"I don't laugh at people anymore when they say they have seen UFOs, be-

cause I have seen one myself," Carter was quoted as saying.

NASA, of course, was concerned when it received Press' request. Officials envisioned draining millions of dollars out of a thinning budget to set up a team of experts to fly around the country investigating UFO reports.

"We could establish a team of about 15 go-getters, geologists, biologists and so forth, ready to jump on a specially equipped plane," said Dave Williamson, a NASA assistant for special

claim that nearly 98 percent of their students have lost the average through behavior modification.

The non-medical diet course seeks to break the clean-your-plate habit by a smorgasbord of homework assignments aimed at raising calorie consciousness and encouraging exercise and assertive behavior.

The year-old course is based on a German diet project that proved treatment by mail was as effective as direct treatment in modifying behavior.

The toughest lesson, the Marstons say, is overcoming the guilt associated with leaving or refusing food — especially during the holidays.

"We've been taught that to have a good time, we have to eat mom's Christmas pudding," Marston says.

"On the other hand, the holidays are stressful because we try to cram a lot of good times and experiences into short periods, and stress is a common cause of overeating."

The husband-wife team — along with a four-member staff which reviews weekly homework assignments — advise their stu-

dents to practice refusing big or second helpings before parties or other eating events.

But, Mrs. Marston adds, "Just having a refusal ready isn't enough. You've got to have a second and third response in case the person offering you food says something like, 'Oh, but I worked so hard to make it.'"

"You could say, 'I know it's probably fabulous, but I'll end up wanting too much because you're the best pecan pie-maker around.'"

If that fails, the Marstons suggest eating less before parties.

The psychologists also suggest learning to leave food. "Throw it out, save it for tomorrow or wrap it up and send it to a starving child in Bangladesh," Mrs. Marston says.

She adds that dieters should celebrate the holidays with exercise — such as dancing — or by making "Stop" signs for their refrigerators.

Dieters may eat anything they wish, the Marstons say, as long as calories are kept to a budget based on individual goals. Taking chocolate away from a candy addict builds tension that could lead to overeating, Marston says.

AN INVESTMENT IN WARMTH

THE NORTH FACE

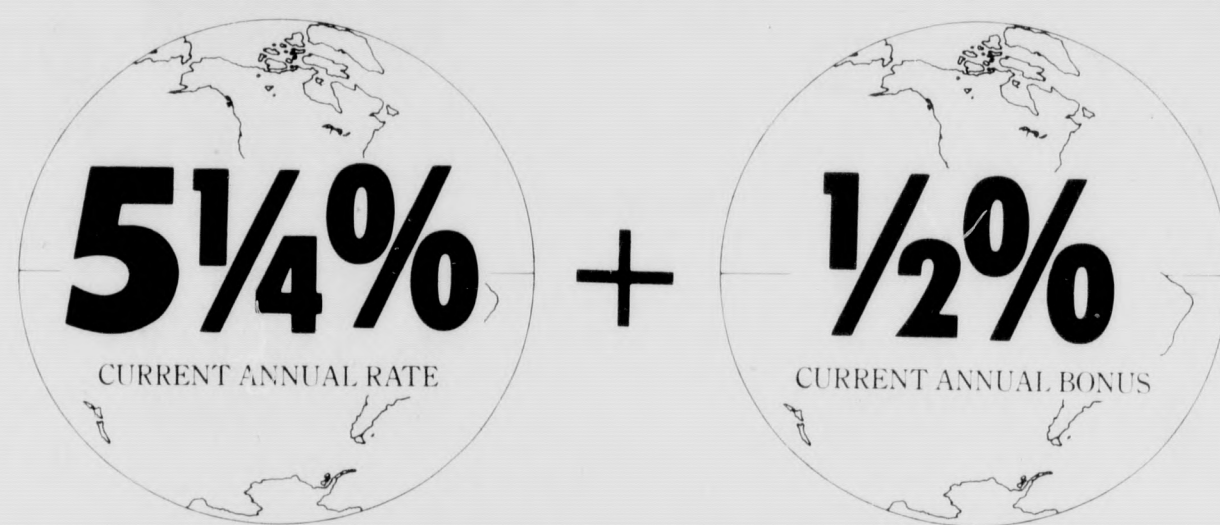
SIERRA PARKA



- * 10 oz. of prime goose down
- * double slider coil Zipper
- * 2 cargo/handwarmer pockets
- * available in ripstop or 65/35

GIVE NORTH FACE QUALITY
SUNRISE MOUNTAINEERING

2290 First St., Livermore
447-8330



Announcing World Savings' Bonus Account. It offers the best of both Worlds!

Passbook type advantages plus the interest of a certificate.

Do you want the higher interest of a certificate, but feel uncomfortable tying up your money—afraid you'll incur a substantial interest penalty for early withdrawal?

Then our Bonus Account can give you the best of both worlds.

The minimum deposit to start your account is \$1000 or more. Your account will earn interest at our current annual passbook rate of 5 1/4% (the highest rate any savings and loan can pay on insured passbook savings).

At the end of 90 days, World will add the bonus to your account at the current annual rate of 1/2%. That comes to a whopping 5 3/4% current annual rate after just 90 days!

"5 1/4% is great! But what if I withdraw funds?"

No problem. You collect your bonus at the end of each quarter. Any money you withdraw since you earned your last bonus still earns our current passbook rate. After your initial 90 day qualifying period, you never earn less than our passbook rate!

"So it goes in quarterly cycles. I can wait for my bonus, or withdraw in between."

Exactly. You'll always qualify for your bonus on funds you leave on

deposit for a full calendar quarter. And you can withdraw your funds—without penalty the last 3 working days of each quarter (March, June, September, December).

There are only a couple of restrictions. Federal regulations prohibit payment of any interest on principal withdrawn within the first 90 day period. And while you can open your account for amounts of \$1000 or more, additional deposits are not permitted.

If you want the advantages found in passbook savings, plus the higher interest of a certificate, then come to World Savings for a Bonus Account. And get the best of both worlds!

WORLD SAVINGS

ALAMO
Market Plaza Shopping Ctr.
837-1581

CONCORD
Concord Terminal Ctr.
Across from BART
on Clayton Road
798-1700

MORAGA
Lucky's Shopping Ctr.
Canyon Road
near Moraga Way
376-1100

WALNUT CREEK
Mt. Diablo Blvd. at Broadway
Across from Bullocks
932-3150

ESTABLISHED 1912
OFFICE HOURS
Mon.-Thurs. 9-5 • Friday 9-6
SATURDAY 9-3

ANTIOCH
2601 Somersville Road
Across from County East
Shopping Ctr.
754-4284

LAFAYETTE
Mt. Diablo Blvd. at Moraga Rd.
Across from Safeway
284-2323

SAN RAMON
420 Alcosta Mall
Near TG&Y
829-1670

WORLD SAVINGS AND LOAN ASSOCIATION OFFICES IN: Alamo, Albany/El Cerrito, Antioch, Aptos, Auburn, Capitola, Castro Valley, Chico, Citrus Heights, Concord, Corte Madera, Daly City, Davis, Fresno, Hanford, Hayward, Hollister, Lafayette, Madera, Modesto, Monterey, Moraga, Mountain View/Los Altos, Napa, Oakland, Pacific Grove, Palo Alto, Petaluma, Placerville, Rancho Cordova, Redwood City, Sacramento, Salinas, San Francisco, San Jose, San Mateo, San Ramon, Santa Clara, Santa Cruz, Santa Rosa, Scotts Valley, Sonoma, South San Francisco, Stockton, Sunnyvale, Walnut Creek and throughout Southern California.

MEMBER OF \$2 BILLION GOLDEN WEST FINANCIAL CORPORATION

Rec classes begin

DUBLIN — The Dublin San Ramon Services District (DSRSD) Recreation Department is getting winter classes under way.

Mail-in registration will be tabulated first on Jan. 5. Regular registration does not begin until Jan. 9 from 11:30 a.m. to 1:30 p.m. and from 7 to 9 p.m.

Regular registration will take place at Shannon Community Center, 11600 Shannon Ave., Dublin.

For more information, call the recreation office at 828-7711.

BETTY'S GRAND TOUR TO . . . RENO
3 DAYS - 2 NIGHTS "DRIVE-UP" PACKAGE
FEATURING DELUXE RENO MOTEL ACCOMMODATIONS
PLUS FOOD, BEVERAGE AND COUPONS AT:

HAROLD'S CLUB

John Ascuaga's NUGGET Hotel Casino

STARTING AT \$20 PER PERSON - DBLE. OCCUPY
Extra Charge for Fri./Sat. or Sat./Sun. or Holidays — Extra Charge for Twins

RECEIVE A BONUS VALUE OF \$18 PER PERSON
Drive Yourself — Transportation Not Included — Reservations Required

CALL TOLL FREE FOR COMPLETE INFORMATION AND RESERVATIONS

800-648-3874

BETTY'S NEW RENO OFFICE - 444 VINE ST.

DRIVE YOURSELF ANY DAY OF THE WEEK!
NUGGET DRIVE-UP PACKAGE
TOTAL COST (One Night) ONLY:
\$22.00 Per Cpl. (Dble. Occp.)
At Nugget Inn
RECEIVE A BONUS VALUE OF \$18 PER PERSON
Per Cpl. — \$5 Cash & 4 Cocktails per person

RESERVATIONS REQUIRED THRU BETTY'S TOURS

All Tours Subject to Change Without Notice — Adults Only (over 21 years.)

CALL BETTY'S TOURS FOR GROUP BUS CHARTERS

OFFICES OPEN 7 DAYS A WEEK
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OAKLAND Leaning Tower 763-5630
SAN JOSE 39 N. First 289-9701